Hafa Adai!

Nourishing a passion for the traditional *sakman*. PAGE 2

'Over $65M from infrastructure law invested in NMI so far' PAGE 3

$1

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXXIII, Issue No. 150

www.saipantribune.com | MONDAY JULY 31, 2023 | www.facebook.com/saipantribune

House adopts Senate resolution that asks Palacios collect $25.3M uncollectible BGRT

By FERDIE DE LA TORRE
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REPORTER

The House of Representatives has adopted a Senate joint resolution introduced by Senate president Edith E. DeLeon Guerrero (D-Saipan) that requests Gov. Arnold I. Palacios to task the Division of Revenue and Taxation with collecting all Business Gross Revenue Tax owed the CNMI government that, according to the Department of Finance, has now reached $25.3 million in total outstanding collectibles.

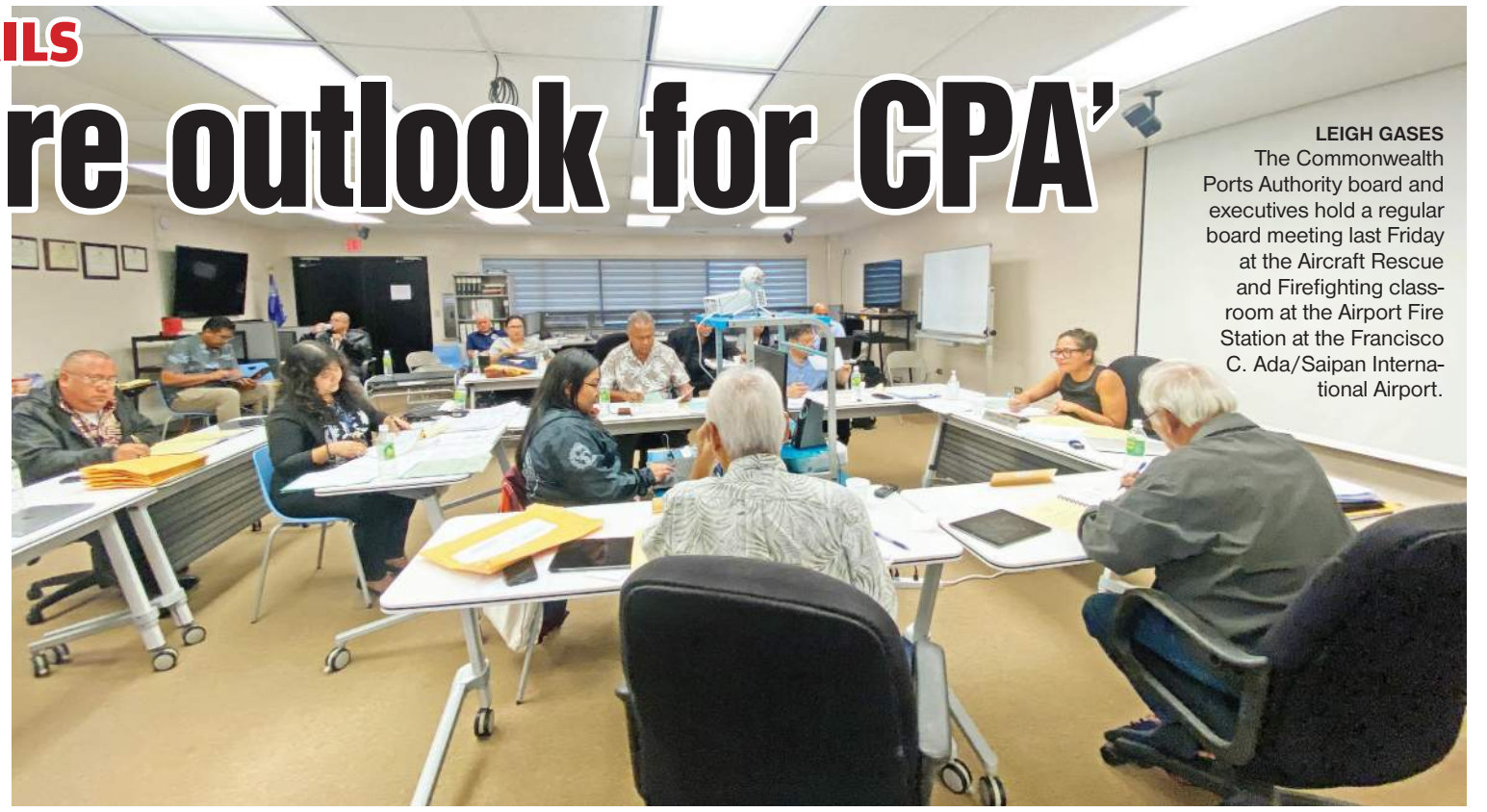
With 11 House members voting "yes," six voting "no," and floor leader pro tem Ralph N. Yumul (Ind-Saipan) abstaining, the House adopted

See HOUSE on Page 4

IF EVERYTHING FAILS

'It's a dire outlook for CPA'

By LEIGH GASES
leigh_gases@saipantribune.com
REPORTER



LEIGH GASES
The Commonwealth Ports Authority board and executives hold a regular board meeting last Friday at the Aircraft Rescue and Firefighting classroom at the Airport Fire Station at the Francisco C. Ada/Saipan International Airport.

Commonwealth Ports Authority board chair Kimberlyn King-Hinds said they are not giving up on seeking federal assistance even after the U.S. House of Representatives did not expand the Essential Air Service program to the CNMI.

This, after Delegate Gregorio Kilili C. Sablan (D-MP) said in his *e-kilili* newsletter

See CPA on Page 4

Community welcomes return of Flame Tree Arts Festival

By CHRYSTAL MARINO
chrystal_marino@saipantribune.com
CORRESPONDENT

Drawing hundreds of spectators, community members, artists and tourists, the highly anticipated 42nd Flame Tree

See COMMUNITY on Page 4

LEIGH GASES
A customer checks out a handcrafted shell necklace in Aofia's booth during the opening night of the 42nd Flame Tree Arts Festival last Friday at the Civic Center in Susupe. The festival featured 10 food vendors, over 30 arts and crafts vendors, and 34 entertainers during the three-day festival that celebrated the arts, music, and CNMI culture.

Probable cause found to charge man with shooting couple with pellet gun

By LEIGH GASES
leigh_gases@saipantribune.com
REPORTER

Superior Court Associate Judge Joseph N. Camacho has found probable cause to warrant the filing of charges against Sergio M. Rangamar, a 46-year-old man accused of shooting a couple with a pellet gun.

After hearing the witnesses' testimony during last Friday's preliminary hearing, Camacho ordered Rangamar to answer the charges of two counts of assault with a dangerous weapon, and two counts of disturbing the peace.

Chief Prosecutor Chester Hinds and assistant attorney

See PROBABLE on Page 4

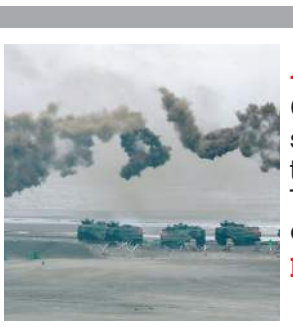
'TOUCHBACK' COUNTDOWN

Number of days left until the "touchback" rule takes effect on Sept. 30, 2023:

61

INSIDE

BUSINESS
Following extensive resort renovations, Mai Teppanyaki will be re-opening on Friday, Aug. 4.
PAGE 11



ASIA
China issued a statement opposing the military aid to Taiwan, which China claims as its own.
PAGE 30

LIFE & STYLE
During a break in the a cappella group Pentatonix,, Scott Hoying went out on his own.
PAGE 15

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

Local

Nourishing a passion for the traditional *sakman*

By LUPE ROBINSON
SPECIAL TO THE SAIPAN TRIBUNE

Mario Borja, one of the *sakman* builders from San Diego, is passionate about the *sakman*, the traditional Chamorro flying proa. He was on Saipan recently to continue the maintenance repairs on the traditional canoe, which is housed along with a Carolinian canoe, at 500 Sails' Lower Base site on Saipan.

According to an online source, the *sakman* before Spanish colonization of the Marianas in the 17th century was so swift it could sail to Manila in four days at 20 miles an hour.

Borja last week said he plans for two *sakman*s and three other Micronesian canoes from Palau and Satawal to participate in a Hawaii Fest planned in 2024. If a corporate sponsor is found to ship the canoes, then two *sakman*s and three other Micronesian canoes can join the Hawaii Fest next year, Borja said.

He said the other Micronesian canoes that are expected to join the two *sakman*s at the Hawaii Fest are a Carolinian canoe under construction at Saipan's Lower Base, Palau's double-hulled canoe, and a canoe of Tony Pialug, the famed Micronesian navigator from Satawal, Chuuk.

Borja is writing an article titled "Ethnographics Mathematics – Congruent Mathematics in Micronesian Cultures." The article states that there are basic similarities among the Micronesian canoes. The article further states that the Micronesian canoes "bear the same symmetric design and layout. They employ an outrigger to windward for balance, a shunting lateen sail for propulsion, a raking mast for its support, and a stern steering paddle." (page 3)

Borja said he will be back on Saipan in a few weeks to continue his work making maintenance repairs to the *sakman*.

CONTRIBUTED PHOTO

This *sakman* is housed along with a Carolinian canoe at 500 Sails' Lower Base site on Saipan.

CONTRIBUTED PHOTO

Mario Borja, one of the sakman builders from San Diego, was on Saipan recently to continue the maintenance repairs on the traditional canoe.

In Torres case: Trial schedule proposal due this Friday

By LEIGH GASES
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REPORTER

In a virtual hearing last Friday afternoon in the CNMI Superior Court, it was decided that both parties in former governor Ralph DLG Torres' case need to submit a proposed trial schedule by this Friday, Aug. 4.

A hearing is tentatively scheduled for the end of September for three remaining open motions, including one to disqualify assistant attorney general and special prosecutor James Kingman's involvement in the case.

After the proposals are received and the hearing for the three open motions are concluded, then a new trial date can be set.

Also during the hearing, Superior Court judge pro tem Arthur R. Barcinas granted the CNMI Office of the Attorney General's request to withdraw the 38 additional charges that Kingman wanted to file against Torres in July.

In attendance virtually were Barcinas, Torres' counsel, Viola Alepuyu and Anthony Aguon, and Kingman. In the courtroom was assistant attorney general Steven Kessell.

Along with Alepuyo and Aguon, Torres' defense team includes Matthew Holley and Victorino Torres.

Torres' trial was initially set for August 2022, but it was later pushed to sometime after November due to the gubernatorial election. The trial was later rescheduled to Feb. 13, 2023, but was again rescheduled to June 5, which was then also vacated.

Torres' case was initially filed on April 8, 2022, charging him with 12 counts of misconduct in public office, one count of theft, and one count of contempt. Torres has denied the charges.

'Over $65M from infrastructure law invested in NMI so far'

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Delegate Gregorio Kilili C. Sablan (D-MP) is pleased to see that his work is paying off as more than $65 million from the Bipartisan Infrastructure Law has been invested in Marianas projects so far, including the $20.6 million for upgrading and maintaining the water system.

Sablan said in his e-kilili newsletter over the weekend that there's no doubt that the CNMI is reaping big rewards from the Bipartisan Infrastructure Law (also known as the Infrastructure Investment and Jobs Act) and that more money is on the way.

The delegate said when Congress was preparing to pass the Bipartisan Infrastructure Law in November 2021, he worked hard to make sure the CNMI would receive funding for vital items like clean drinking water, reliable internet, and efficient airports.

Aside from the $20.6 million for upgrading and maintaining the water system, other projects include:

■ $20.9 million for flood control and irrigation planning around Kagman.

■ $11.87 million in total for improving infrastructure at the Francisco C. Ada/Saipan International Airport, Rota International Airport, and the Pagan airstrip.

■ $3.5 million for improving and maintaining roads and making road safe travel.

■ $1.5 million for expanding broadband internet access to more and more families.

Sablan said further millions of dollars are going toward keeping forests healthy, controlling and eradicating the invasive coconut rhinoceros beetle on Rota, developing Saipan's harbor, and other projects.

UOG launches program to help local talent return home

The University of Guam Center for Island Sustainability and Sea Grant recently launched the 2023 National Science Foundation's Navigating Home Early-Career Fellowship Program, taking steps to help stem brain drain and its impact on the island's development.

Alongside climate change, the exit of local talent has been identified as a contributing factor to population declines in U.S. territories like Guam, the U.S. Virgin Islands, and Puerto Rico, according to the 2020 Census.

In response to this pressing challenge in the territories, UOG CIS and Sea Grant, and its partners in the U.S. Virgin Islands and Puerto Rico, launched the Navigating Home program, designed to create a pipeline for training and recruiting individuals with advanced degrees in marine, environmental, or sustainability sciences who may have left the island territories for educational or work opportunities. For the UOG, the primary aim is to entice them back to Guam, where they can contribute their expertise to the local workforce.

"We're empowering our future, one homecoming at a time," said Austin Shelton, director of the UOG Center for Island Sustainability and Sea Grant. "Our capacity-building program unlocks the potential of our students and reverses the brain drain, bringing them back home to Guam where they will lead the way towards a prosperous future."

Thanks to the National Science Foundation's $7.5 million funding, the five-year program will provide opportunities to 68 fellows and 68 professionals from Guam, Puerto Rico, and the U.S. Virgin Islands. Of the amount, $2.17 million goes directly to UOG. Young professionals can apply for early-career fellowships at UOG or in local government agencies. They will receive a $45,000 annual salary and airfare to come home to Guam.

Morgan Leon Guerrero, a fellow in the National Science Foundation's Inclusion across the Nation of Communities of Learners of Underrepresented Discoverers in Engineering and Science, or INCLUDES, program, participated in a pilot Navigating Home program in 2022. Previously, she had to leave Guam to pursue a master's in sustainability solutions at Arizona State University. Through the Navigating Home Early-Career Fellowship, she was able to work with the Guam Energy Office on energy transition grants.

"Leaving the island was necessary for my master's program, but it's always in the back of my mind to come back and do something for the island and really give back," Leon Guerrero said.

During a recent launch event, incoming UOG president Anita Borja Enriquez recognized the outflow of talent as many UOG graduates have sought career opportunities beyond Guam. She voiced optimism the Navigating Home program will help attract, retain, and empower more individuals to contribute their talents on the island.

"As we think of students and graduates who call Guam home—who don't want to leave and who are looking for opportunities—I think this is a beautiful model that we can replicate across other sectors—the social sciences, health care, education, and so forth," Enriquez said.

The next fellowship period is from August 2023 to July 2024. Applications are now open. Interested individuals can access the application form through this link: https://rb.gy/fn0wi ***(UOG)***

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SAIPAN LOCATIONS: Chalan Piao, Gualo Rai
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COMMUNITY

From page 1

Arts Festival marked another success as it packed out the Civic Center Beach in Park in Susupe last weekend.

The festival hosted 30 art booths and 10 food vendors, not to mention the many bands and individuals who shared their musical artistry on the events stage.

After a performance that drew quite a crowd to watch, Melvin and Millie Faisao of the 81-member Refaluwasch dance group, Uralii, shared that it was great to be back on the Flame Tree stage again and continue to share their culture and traditions with others, while passing on the art and legacy as well.

Artist Aofia Tuiolosega said the turnout was great, "all the people are here, the rain is holding back, thank God for that."

Tuiolosega shared that culture inspires her art, comprising of a variety of traditional and modern merchandise, from the traditional coconut oils, mwars, CNMI branded slippers, and bags. The work of her mom, who's an artist as well, was also displayed in the Flowerpot Creations just beside her booth.

When asked about how she felt upon initially hearing about the delay in the festival, she replied "I just took that time to prepare more, So I have more time and more stock for our customers..."

At the end of it all, "I'm so happy [the] Flame Tree [Arts Festival] is back!"

For artist Joe Aguon, his art display and merchandise showed off a range of colorful lighatùùtùr and bracelets from the Carolinian traditional bead jewelry, and his special and unique twist on local *doni* pepper.

Aguon also showed how he used recycled can tops to beautifully handcraft betel nut baskets as well as food utensil organizers for parties.

"This year it's been going great so far," he said, noting that the event had been quite successful, with more customers this year than the last.

He said that when he heard that the festival might be canceled, he said, " It really didn't bother us in a way because we are heavily involved with the Arts Council, So they would contact us ro do projects with the schools or agencies, Wherever we are needed for the type of artwork we do, we respond...so we're always busy with the Arts Council."

In another stand, young artists from Marianas High School's art club, Mary Irish Orlino Villanueva, Fei Fei Lei, Elisha lacap, Niamiah Deleon Guerrero, and their friend Marc Gruy practiced their art of doing henna and face paintings, caricatures, to selling their own anime art through stickers, paintings, and drawing. When speaking to club member Lei, she shared, "All the artwork was made from our own members from our club. It was homemade and it showcases the skills from our school. ...We all plan to keep art in our lives and still do it when we're older."

Many expressed how thankful they were for the annual event to happen. "I feel like it's a great opportunity for local artists to showcase their art because there's not many events like this where artists are central to the event so I think it's a great opportunity," said Lei.

Spectator Roseann Robert from Koblerville said her family were pretty disappointed when they initially heard that the festival will be cancelled, but now with it going on, she's very happy that everything worked out.

During the festival's opening ceremony last Friday, Department of Community and Cultural Affairs Secretary Maggie Sablan and acting executive director for Commonwealth Council for Arts and Culture Gloriana Teuira expressed their gratitude to all the events sponsors, partners and community supporters for all their help.

"Forty-two years of celebrating the arts, our forefathers and mothers of our Commonwealth Council for Arts and Culture really hit the spot when they started this legacy, and though it started when I was in high school, your participation and mere presence tonight here is a solid testament that our cultural heritage is very much alive in our community through the arts…," said Sablan in her remarks.

The art event's kickoff ceremony also included an artist dedication, held to pay tribute to and recognize late artists Poland Yamada, John Peter Lisua, Daniel "Dante" Limes Laniyo, Alexander Wabol Limes, and Jacoba Merced Liaschem Rangamar Terlaje for their contribution and lasting impact in the CNMI, with their passion and dedication for the arts. Household name Gordon Marciano was also recognized for his 30-plus years of service to the Flame Tree Arts Festival. The Department of Public Safety color guard performed the trooping of the colors.

PROBABLE

From page 1

general David Karch called to the witness stand Department of Public Safety detective Britton Jace M. Cruz, who narrated to the court the circumstances leading to the suspect's arrest.

Rangamar's counsel is assistant public defender Molly Dennert.

Arraignment will be on Aug. 7, at 9am, before Presiding Judge Roberto C. Naraja.

After the hearing, Rangamar was remanded into the custody of the Department of Corrections.

According to court documents, the Department of Public Safety responded to an alleged shooting incident last Wednesday, July 19, at the String Beans Avenue in Chalan Laulau at 6:45pm.

The victim told DPS investigators that she and her boyfriend were walking home from buying groceries at XO Market when Rangamar yelled at them from a heavy machine equipment. The victim said she recognized Rangamar as he is related to her children's father.

The victim then said Rangamar went inside his house and, upon coming out, ran toward them holding a rifle that was described by the victim as the one "the green toy soldiers carry."

Rangamar allegedly fired two or three shots at the victim, with one hitting her right ankle. The victim told investigators that she did not know she had been injured due to shock and fear.

The victim then said Rangamar turned the gun toward her boyfriend and started shooting in his direction until the magazine fell out. Rangamar then picked it up, put it back in, and pointed the gun at the victim before yelling, "You better get the f___ away from here!"

The victim's boyfriend then carried her away from the area before calling the police. The victim told investigators that Rangamar walked away from them "as if nothing had happened."

When investigators interviewed the victim's boyfriend, he said that Rangamar ran at them with the rifle and said, "You better start running," but they stayed still due to shock. The victim's boyfriend said he did not know Rangamar.

A police report stated that an empty Crosman .22-caliber pellet container was found in the outside garage secured between a beam and gutter. Due to the condition of the container, it appeared to have been recently purchased.

CPA

From page 1

dated July 23, that the majority of the House rejected his amendment to H.R. 3935-Securing Growth and Robust Leadership in American Aviation Act, which would have reestablished eligibility for Marianas airports in the EAS program.

CPA officials recently visited Washington, D.C. and knocked on some doors for assistance in light of the CNMI's financial crisis—including with the chairman of the Transportation Committee, Rep. Sam Graves (MO-60); EAS coordinators within the Department of Transportation; airport divisions; and congressional members.

However, King-Hinds said in an interview during a break in their CPA regular board meeting last Friday that the climate in Washington is not conducive to expanding the program to the CNMI which would subsidize interisland air service in large part because of the funding requirement.

But despite that, King-Hinds said they are not giving up and are looking at other options such as potentially getting the U.S. Department of Defense to include it in the National Defense Authorization Act.

King-Hinds said that decreasing costs for interisland commuters not only benefits residents, but it also benefits national security initiatives.

"National security is having an impact on the overall economy of the CNMI. Nobody here has an opinion with regards to where tourists come from. But obviously, the pivot from China represents a significant portion of our arrivals. And so, we all need to collectively work together to find a way to fill in that gap for the benefit of the entire Commonwealth, not just for CPA," she said.

Along with this, she said another reason is that transportation and housing are issues on Tinian.

"You have defense contractors basically struggling with finding housing on Tinian and what seems to be happening is that folks are hired and they stay on Saipan and have to commute to do the work on Tinian. So, that all adds on to the cost of these construction projects and that's an angle that we're working on is trying to find that nexus to national security so that we can get them to assist us by having them advocating on behalf of the CNMI," King-Hinds said.

She added that EAS is directly tied to the ability of the CNMI to market Tinian and Rota for them to be able to have their own tourism industry.

Aaside from the national security and tourism industry issues, people on Tinian and Rota rely on air transportation to get basic medical services, King-Hinds said. "When you're bringing in folks to come in and work on Tinian, you have to be concerned that if they get injured, and there is no hospital on Tinian, that you're going to have to transport these folks here to Saipan and you need reliable air transportation to be able to do that," she said.

When asked what impacts there would be if efforts on finding assistance fails, King-Hinds said, "It's a dire outlook."

CPA anticipates an increase in airport rates and when increasing rates, she said this has a cascading effect basically on the entire Commonwealth, "because that means that you are now passing on the cost to your airport partners."

Currently, she said the rate is $19 and some cents for terminal rental rates and it could potentially double to $40.

That's why, King-Hinds said, that the ask for assistance with the Department of Transportation is to subsidize operational costs "so that we can reduce our current rate to an amount that's attractive to be able to sustain our current market and to incentivize new entries to the market."

"In the absence of that, what's basically going to happen is you're going to have these [LLCs] questioning whether it's economically viable to continue coming to the CNMI. How do we go and attract new airlines to come when your airport rates are significantly high in comparison to other markets?" she asked.

"There's an impact here," she said. "That's why we're doing everything that we can. This is why we went to D.C. This is why we knocked on doors. …It was a very frank discussion basically about their impact on the economy and the need to collaborate and find a way moving forward because doing nothing basically will put the CNMI in a complete welfare system. That's where we're heading if none of these changes. This is literally where we're heading, where it's feast or famine for the people who live here. And I think that's unacceptable, it's sad. CPA is committed to finding every opportunity that's available out there and pursuing all options under the sun, to be able to address this issue."

HOUSE

From page 1

Senate Joint Resolution Number 23-02.

Those who voted "no" were Reps. Manny Gregory T. Castro (Ind-Saipan), Angelo A. Camacho (Ind-Saipan), Diego Vincent F. Camacho (D-Saipan), Joseph A. Flores (Ind-Saipan), Malcolm Jason Omar (Ind-Saipan), and John Paul P. Sablan (Ind-Saipan).

Reps. Edwin K. Propst (D-Saipan) and Thomas John Dela Cruz Manglona (R-Saipan) were absent, but excused from the session.

Before the voting, Castro said that, while the intention of the resolution is good, he feels that this is already within the governor's prerogative to have this done.

"And at the same time, I believe it's already their job," said Castro, referring to the Division of Revenue and Taxation.

Castro was among those who signed the House Ways and Means Committee's report that recommends the adoption of the joint resolution.

He said yesterday that he changed his mind during the voting as he wants to see more support for funding or equipment that will make tax collection more productive.

Castro underscored the need to put more emphasis on tax collection, but also makes it easier for businesses.

During the miscellaneous portion of the session, Rep. Vincent S. Aldan (Ind-Saipan) said he agrees that the Legislature shouldn't have any say in telling the Executive Branch what to do and what not to do.

"So yes, it's not our job to tell the governor on what to do with these agencies and what not. But when it comes to funding, yes, I think we do need to tell them what to do. Because evidently, somebody's not doing their job," Aldan said.

DeLeon Guerrero introduced the joint resolution last Feb. 8 and the Senate members unanimously adopted it at their special session last Feb 14.

DeLeon Guerrero stated in the resolution that the Department of Finance is still "reconciling" the numbers pertaining to the expenditures of American Rescue Plan Act funds, ARPA-related projects, including the Building, Optimism, Opportunities, and Stability Together or BOOST program.

She said the Nutrition Assistance Program Tax Audit Report of 2018 to 2021 shows that $24.8 million in NAP gross revenue is unreported.

The president said with the current financial crisis of the CNMI, it is highly critical that strict and timely collections of all revenues be enforced.

The resolution was referred to the House Committee on Ways and Means chaired by Yumul.

According to the committee report, the Fiscal Response Team is still collecting information and data to make an accurate financial projection and the Department of Finance is still reconciling the numbers pertaining to the expenditures of the ARPA funds, ARPA related projects, and the BOOST Program.

The committee finds that it is critical that the Division of Revenue and Taxation investigate the variance between the amount of NAP issued and what the businesses reported on their BGRT documents.

Local music icon honored at CK Leadership Kiosku

Chamolinian music legend Candido Babauta Taman, popularly known as "Candy" or "Candy Man," returned home to his final resting place on Saipan following a commitment ceremony in Guam's scenic Marine Drive.

In 2004, Taman was honored by the 8th Saipan and Northern Islands Municipal Council leadership for Taman's advocacy and advancement of school-aged children, families of school children and the surrounding communities in partnership with schools throughout Saipan in celebration of the National/CNMI Parent Leadership Month in February that year.

For the second time 10 years later, the 12th local council leadership honored the legendary musical genius as the awardee of the University of Guam's coveted Honorary Master of Micronesian Traditional Knowledge during UOG's spring 2014 commencement ceremony.

After nearly a decade of sharing his island music throughout Micronesia, Taman returned home to his native Saipan to stay permanently as he was laid to rest at the Chalan Kanoa cemetery this month.

Taman's in memoriam also saw the Taman family return for the third time to the Chalan Kanoa Kiosku, where the Taman family was presented the 17th Saipan and Northern Islands Municipal Council commemorative posthumous in memoriam plague.

Since Taman's passing, the council leadership joined Gov. Arnold I. Palacios and Lt. Gov. David M. Apatang in showing respect on the passing of Taman, when Palacios ordered on June 26, 2023, that the flag of the Commonwealth, together with the flag of the United States of America, are to be flown at half-staff at the Juan Atalig Sablan Memorial Building and upon all public buildings, instrumentalities, and grounds within the Commonwealth until the sunset of the day of Taman's interment, which the local council extended at the Kiosku flags until Taman's internment.

The council's in memoriam resolution presented to the Taman family inscribed in special plague the life of the local music giant and cultural icon, Taman's extensive accomplishments and contributions in strengthening the culture and cross-cultural understanding through Taman's songs and music, and the University of Guam's conferral of the Master of Micronesian Traditional Knowledge Honoris Causa to the cultural icon and music legend. Taman's prodigious encore hit the record chart and radio stations with songs such as Koronan Flores, Pioneers of Guam, Estorian Taga, and Irensia, among scores of hit songs produced during Candy's lifetime. ***(PR)***

ANCIENT WEAPONS GUAM NATIONAL GUARD

U.S. Army Gen. Charles Flynn, commander, U.S. Army Pacific, inspects ancient Chamoru sling stones or åcho' atupat displayed by Brig. Gen. Michael Cruz, adjutant general, Guam National Guard, at the Guard's Barrigada Readiness Complex, July 26, 2023. Used for warfare and hunting by the indigenous Chamoru people of Guam, the åcho' atupat symbolizes the importance of defending 4,000 years of civilization on Guam and the Marianas. During his visit, Gen. Flynn spoke about the importance of deterring aggression and defending Guam from a strategic military perspective, with consideration to the environment and the people of Guam.

NAP release for summer 2023 P-EBT

The Nutrition Assistance Program, in conjunction with the Public School System, Child Nutrition Program, is announcing the PEBT distribution for the summer 2023 (school year 2022-2023)

Who qualifies: All CNMI student enrolled in qualified CNMI school on the last day of classes in May/June 2023 are eligible. See below for detail:

- School-aged children enrolled in PSS grades K to 12
- School-aged children enrolled in private school K5 to 12
- PSS Head Start and Early Head Start students

The Summer P-EBT distribution on Saipan will be issued based on the parents' or guardians' last name as stated on the school records. The following is the schedule for PEBT pick-up:

First Letter of Last Name	Date	Day
'A' to 'B'	August 10, 2023	Thursday
'C' to 'D'	August 11, 2023	Friday
'E' to 'K'	August 12, 2023	Saturday
CLOSED	August 13, 2023	Sunday
'L' to 'N'	August 14, 2023	Monday
'O' to 'R'	August 15, 2023	Tuesday
'S' to 'T'	August 16, 2023	Wednesday
'U' to 'Z'	August 17, 2023	Thursday
OPEN DAY	August 18, 2023	Friday
Summer 2023 P-EBT benefit must be picked up by September 29, 2023 and Coupons will be valid up to March 31, 2024.		

P-EBT benefits will be issued via a drive-thru at the NAP office grounds located in As Lito. Distributions will take place from 8am to 3pm daily during the scheduled dates of P-EBT. Drive thru lines will close at 3pm. To ensure a smooth process, households will be required to follow the traffic flow for the drive-thru procedure. Households are advised to follow the schedule accordingly.

"Open Day" is the designated date for households who weren't able to pick up their benefits based on their scheduled date.

Identification will be required. Households will be required to provide a valid photo identification such as a driver's license, passport, municipal ID, U.S. permanent resident card, etc. The identity of the parent or legal guardian will be verified against the list of eligible household members. Only adults listed in a student's 2022-2023 school records will be allowed to pick up benefits for children in their households.

The separate distribution schedule for Tinian and Rota will be facilitated by the Department of Community and Cultural Affairs offices on Tinian and Rota.

For inquiries regarding the P-EBT program call the P-EBT Call Center at (670) 284-3815 or (670) 284-3818 on weekdays from 7:30am to 4:30pm except on holidays. ***(DCCA)***

BLACK MICRO CORPORATION

VACANCY ANNOUNCEMENT

Black Micro Corporation is recruiting a Site Safety and Health Officer (SSHO) position for its Tinian projects who meet the following requirements:

- Must have at least five (5) years of continuous construction or general industry safety experience in supervising and managing general construction.
- Credentials as a Safety Trained Supervisor-Construction (STS-C) or Construction Health and Safety Technician (CHST), is a plus.
- Must have completed a 30 Hour OSHA Construction or General Industry or approved equivalent safety class within the last 5 years and a 40 Hour EM-385-1-1 class within the last 3 years.
- Must have completed an average of at least 24 hours of formal safety training in the following competencies: fall protection, scaffolding, trench/excavation, confined space, hazardous energy and health hazard recognition each year for the past 5 years.

Salary is negotiable.

Submit resume with certificates to:
BLACK MICRO CORPORATION
Saluda St., Lower Navy Hill
PMB 766, Box 10001 Saipan, MP 96950
Contact Person: Remi Sablan
(670) 322-4861 (office) • (670) 785-2598 (cell)
Email: remedios@blackguam.com

PUBLIC HEARING ANNOUNCEMENT

The Department of Community & Cultural Affairs – Low Income Home Energy Assistance Program (LIHEAP) will hold Public Hearing on;

DATE	TIME	ISLAND	VENUE
08/01/2023	5:00-6:00 PM	Saipan	Kagman Community Center
08/03/2023	5:00-6:00 PM	Rota	Mayor's Office Conference Hall
08/08/2023	5:00-6:00 PM	Tinian	Youth Center

The purpose of this public hearing is to engage public participation and comments on the implementation of the Fiscal Year 2024 LIHEAP Model Plan to the U.S. Department of Health and Human Services (HHS) for eligible household in the CNMI.

Copies of the LIHEAP Model Plan and the Agenda of the public hearing will be available for public inspection beginning, Friday, July 28, 2023. Copies may be picked up at the office for Persons wishing to schedule testimony or receive a copy of the LIHEAP Model Plan should contact DCCA-LIHEAP office at 664-2574/2578.

Public Comments are due by Friday, August 18, 2023. You may submit your written comments via the contacts listed below:

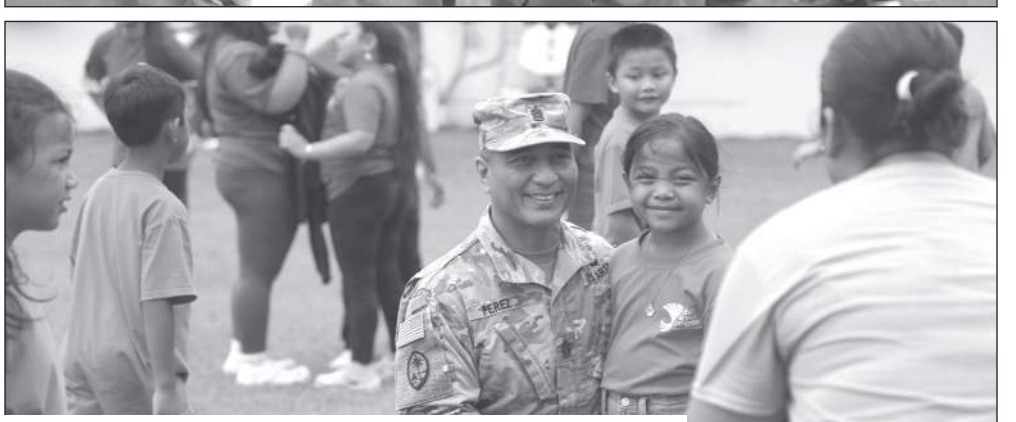
Mailing Address: **Department of Community & Cultural Affairs**
Low-Income Home Energy Assistance Program
Caller Box 10007
Saipan, MP 96950

Contact #: **DCCA-LIHEAP 664-2574/2578**
DCCA Secretary's Office 664-2577/2587/2588

Email Address: **Resel Billy, LIHEAP Coordinator** (resel.billy@liheap.gov.mp)
Mary M.S. Sablan, DCCA Secretary (maggie.sablan@dcca.gov.mp)

/s/ Reselann T. Billy-Magofna
LIHEAP Coordinator

/s/ Mary M.S. Sablan
DCCA Secretary



COMMONWEALTH UTILITIES CORPORATION

INVITATION FOR BIDS
CUC-IFB-23-022, Rev.1

SUPPLY AND DELIVERY OF FIVE (5) LIGHT-DUTY VEHICLES

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids to supply and deliver five (5) light-duty vehicles to Saipan, Commonwealth of the Northern Mariana Islands, to assist with the project management and inspections for the CUC Water and Wastewater systems upgrades and improvements.

This project is funded by a United States of Environment Protection Agency (USEPA) grant.

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of **$200.00** (non-refundable) for one IFB package set.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked ***"CUC-IFB-23-022, Rev. 1 Supply and Delivery of Five (5) Light-Duty Vehicles"*** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 AM (ChST) on August 22, 2023** at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before the submission deadline. Late submissions and conditional offers will not be considered.

A Bid Guarantee of fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands.

All insurers' questions, concerns and qualification should be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). *Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.*

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid or supply under the contract. The IFB does not commit CUC to award a contract, to pay any cost incurred in the preparation of the bid under this request, or to procure or contract for goods. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing n**o later than 10:00 AM (ChST) on August 10, 2023,** to Manny B. Sablan, CUC Purchasing Administrator, via email manny.sablan@cucgov.org and Christie Sablan at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in the said bids, if in its sole opinion, to do so would be in the best interest of CUC. All bids submitted shall become the property of CUC.

BETTINA G. TERLAJE
Acting Executive Director

MANNY B. SABLAN
Purchasing Administrator

NOTICE

On August 1, 2023, Banes Horey Berman & Miller, LLC, is moving to Garapan, a block and a half south of American Memorial Park. Our new location is:

First Floor, Macaranas Building
4165 Beach Road, Garapan

The entrance is marked with a white arrow in the picture below:

Our mailing address, telephone and email remain the same.

BANES HOREY BERMAN & MILLER, LLC
P.O. Box 501969
Saipan, MP 96950
Tel.: (670) 234-5684
Email: cnmi@pacificlawyers.law

FREEDOM SUMMER CAMP

The Guam National Guard's Camp Freedom summer camp made a comeback after three years off, at the University of Guam Division of Agriculture and Life Sciences Building Mangilao, Guam, July 2023. Over 80 children of Guam Guard soldiers and airmen spent two weeks in the camp, where they learned about fishery, biology, wildlife, energy conservation, arts and crafts, navigation, ice cream making, finance and budgeting, and just old-fashioned outdoor play with friends. "After going through COVID-19 and a Typhoon, it was great to get this program back up and engage the kids and get them socializing again," said Lt. Col. Marleen Tarusan-Legaspi of the GUNG Family Programs Office. "It was great to see their smiles again."

GUAM NATIONAL GUARD

UPCOMING UOG EXTENSION WORKSHOPS:

Meat processing, food safety, swine and poultry health

The public is invited to four upcoming workshops hosted by University of Guam Cooperative Extension & Outreach. Participants must register in advance to attend.

Meat Processing Workshop

■ 8:45am – Noon on Saturday, Aug. 5

■ 8:45am – 5pm on Monday, Aug. 7

■ Location: UOG Agriculture & Life Sciences Bldg., Room 104

■ Cost: $30 (includes lunch/refreshments and course materials)

■ To register: Audrey Flores (671) 735-2021 floresa14787@triton.uog.edu

■ Register by: Wednesday, Aug.

Learn from UOG and University of Nebraska-Lincoln animal and meat scientists how to break down a carcass and create shelf-stable meat products through the processes of drying and curing. The workshop will include hands-on practice making beef and pork jerky and smoked meat sticks.

HACCP Food Safety Certification Workshop

■ 8:45am – 5pm on Tuesday, Aug. 8

■ 8:45am – 12pm on Wednesday, Aug. 9

■ Location: UOG Agriculture & Life Sciences Bldg., Room 104

■ Cost: $30 (includes lunch/refreshments, course materials, and certification)

■ To register: Audrey Flores (671) 735-2021 or floresa14787@triton.uog.edu

■ Register by: Wednesday, Aug. 2

Learn from UOG and University of Nebraska-Lincoln food scientists about best food manufacturing and environmental monitoring practices, building a food safety plan, and the seven principles of the FDA- and USDA-required Hazard Analysis & Critical Control Point food safety programs. Participants who complete the workshop will receive a HACCP certification.

Swine Workshop

■ 8am – 4:30pm on Monday, Sept. 11

■ 8am – 12pm on Tuesday, Sept. 12

■ Location: UOG Yigo Research & Education Center at Triton Farm

■ Cost: None

■ To register: url.uog.edu/D8XXAJ Julia Hudson or Dr. Jeng-Hung Liu

■ (671) 735-2088

Professional and aspiring swine farmers are invited to learn best practices for ensuring the welfare and nutrition of their livestock in Guam's hot climate and for ensuring successful hog production.

UNIVERSITY OF GUAM

Gary Sullivan, associate professor of meat science from the University of Nebraska-Lincoln, instructs two Guam residents during a meat processing workshop held in January at the University of Guam. The workshop is being offered again on Aug. 5 and is accepting registrants.

Poultry Workshop

■ 8am – 4:30pm on Wednesday, Sept. 13

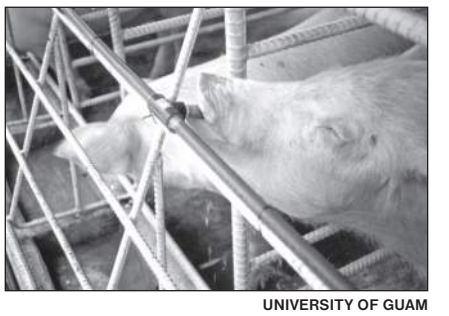
■ 8am – 12pm on Thursday, Sept. 14

■ Location: UOG Yigo Research & Education Center at Triton Farm

■ Cost: None

■ To register: url.uog.edu/D8XXAJ Julia Hudson or Dr. Jeng-Hung Liu

■ (671) 735-2088



UNIVERSITY OF GUAM

A hog drinks from a waterline. Avoiding heat stress in swine livestock will be a focus of an upcoming workshop on Sept. 11 and 12 at the University of Guam.

Professional and aspiring poultry farmers are invited to learn best practices for ensuring the welfare and nutrition of their flock in Guam's hot climate and for ensuring successful egg production.

Residents can stay informed of public workshops hosted by UOG Cooperative Extension & Outreach by subscribing to the email list at url.uog.edu/extension-subscribe. ***(UOG)***

UOG workshops in August: Elder abuse awareness and prevention

The University of Guam's Guam/Micronesia Geriatrics Workforce Enhancement Program is offering an opportunity for caregivers of persons with dementia to participate in an online training and certification program called CARES Elder Abuse Awareness and Prevention. This training program focuses on how to recognize signs of elder abuse, including physical abuse, emotional abuse, financial abuse, sexual abuse, and caregiver neglect and self-neglect. It also describes many positive things you can do to help prevent elder abuse.

The program has four modules. The first three modules will be conducted in August and the final module will be offered in September. Participants who complete all four modules will receive a certificate of completion and will be eligible for CARES Dementia Certification. The training schedule for August is outlined below.

Module 1: What is Elder Abuse?

■ 6pm to 8pm Wednesday, Aug.2, or

■ 10am to noon, Saturday, Aug. 5

Module 2: Dementia and Elder Abuse

■ 6pm to 8pm Wednesday, Aug. 9, or

■ 10am to noon, Saturday, Aug. 12

Module 3: The CARES® Approach and Elder Abuse Prevention

■ 6pm to 8pm Wednesday, Aug. 16, or

■ 10am to noon, Saturday, Aug. 19

Services available for Guam's senior citizens

In the fourth week of August, a representative from the Department of Public Health and Social Services, Division of Senior Citizens will present two sessions on services available for Guam's senior citizens. These sessions will be held:

■ 6pm to 8pm Wednesday, Aug. 23

■ 10am to noon, Saturday, Aug. 26

Sharing caregiver stories and finding support

In the final week, two sessions will provide participants with an opportunity to share their experiences as family caregivers of persons with dementia and to receive support and guidance from other members of the group. These sessions will be held:

■ 6pm to 8pm Wednesday, Aug. 30

■ 10am to noon, Saturday, Sept. 2

Participants can attend the Wednesday or Saturday sessions using the following Zoom links:

■ Wednesday sessions: https://zoom.us/j/92072878067

■ Saturday sessions: https://zoom.us/j/91243370958

Ongoing dementia support groups

These sessions are part of the ongoing online support groups for family caregivers of persons with dementia being conducted by the Guam/Micronesia Geriatrics Workforce Enhancement Program of the UOG School of Health. The support group sessions are held on Zoom on Wednesday evenings and Saturday mornings year-round. The sessions are free of charge to partners, family members, and other caregivers of persons with dementia who have ties to Guam and the Micronesian region.

For more information, contact:

Dr. Iain Twaddle or Nikolas Gutierrez

Guam/Micronesia Geriatrics Workforce Enhancement Program

Telehealth Geriatric Support Services

University of Guam

Tel: (671) 735-2883

Email: gwep.tgss@triton.uog.edu

Rhoda Orallo

Health Services of the Pacific

Tel: (671) 735-3277

Email: r.orallo@hspguam.com ***(PR)***

NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514

Email: nmhc@nmhc.gov.mp • Website: http://www.nmhcgov.net

REQUEST FOR PROPOSALS (RFP)

(This ad is paid for NMHC with HUD funds)

HOUSING TRUST FUND (HTF) PROGRAM

The National Housing Trust Fund (HTF) is a new affordable housing production program that will complement existing Federal, state and local efforts to increase and preserve the supply of decent, safe, and sanitary affordable housing for extremely low-income and very low-income households, including homeless families. The HTF was established under Title I of the Housing and Economic Recovery Act of 2008, Section 1338 of the Federal Housing Enterprises Financial Safety and Soundness Act of 1992 (Public Law 110-289) and made possible through the US Department of Housing and Urban Development (HUD).

For the aforementioned program years, NMHC is soliciting for proposals from non-profit or for-profit entities to utilize the PY 2021 and PY 2022 allocations, for the acquisition and/or rehabilitation of a housing unit to convert into a rental unit for a household with an area median income (AMI) of 30% or less.

The RFP packet is available on July 24, 2023, online at www.nmhcgov.net by clicking on the "Housing Trust Fund (HTF) Tab".

A mandatory pre-proposal meeting will be held on **Thursday, August 10, 2023, 10:00 am,** at the NMHC Main Office Conference Room located in Garapan, Saipan.

The proposals are due to NMHC on Friday, August 25, 2023, no later than 4:30 p.m.

Should you need any reasonable accommodations, please contact Ms. Zenie P. Mafnas, Deputy Corporate Director, at (670)234-6866/9447.

/s/ JESSE S. PALACIOS
Corporate Director
Northern Marianas Housing Corporation (NMHC)

Commonwealth Utilities Corporation

JOB VACANCY ANNOUNCEMENT

JVA No. 23 – 089

Opening Date: Wednesday, July 19, 2023
Closing Date: Tuesday, August 01, 2023

POSITION TITLE:	Human Resources Technician
DEPARTMENT:	COA/ Human Resources
LOCATION:	Saipan, Northern Marianas Islands, USA
ANNUAL SALARY:	$20,826.00 to $28,115.00 per annum, Non-Exempt
CONTRACT:	Not Contracted
POSITION(S):	One (1)

The Commonwealth Utilities Corporation ("CUC") is seeking for a qualified Human Resources Technician. Under the direct supervision of the Human Resources Manager or his/her designee the responsibilities will be as follows:

Duties:

- Provides administrative and technical support tasks for daily Human Resource operational functions;
- Provides administrative assistance with benefits, training, payroll and recruiting activities, information tracking and documentation.
- Receives, processes and verifies forms and completion of required information; enters and maintains Human Resource information systems data, files and records; maintains confidential personnel files and records.
- Assists employees and the public by providing information related to HR processes and procedures; retrieves and reviews data and resources to provide response to inquiries; or, refer inquiries or requests to appropriate resource.
- Performs research and verifies information; performs calculations; processes timekeeping information; compiles and maintains data for audit purposes.
- May process job vacancy announcements and assist in employment interview.
- Prepares forms and reports; drafts correspondence and templates; assists with gathering, documenting and maintaining information for programs, projects, training, recruitment, benefits or other areas.
- Assists management with special projects, information tracking and reporting.
- Monitors supply needs and prepare requests for replacement or acquisition; monitors equipment maintenance requirements and schedules services as required.
- Performs other duties of a similar nature and level as assigned.

Minimum Requirements:
Education: High School Diploma or GED or ABE Program AS and two (2) years of office/human resources related experience or an equivalent combination of education and experience.

Knowledge of: Applicable Federal, Commonwealth and local laws, codes, regulations and/or ordinances; Customer service principles; Filing and recordkeeping principles; Mathematical concepts; Inventory and supplies maintenance practices; Modern office technology. Confidential practices in Human Resource or Legal work environment.

Skills in: Providing customer service; Filing, organizing, imaging and maintaining records and files; Preparing reports, correspondence and documentation; Managing time and prioritizing requests; Providing attention to detail; Proofreading documents and forms for accuracy and completion; Performing audits, identifying errors, making corrections and recommendations; Reviewing and researching database information; Responding to procedure and process information inquiries; Maintaining confidentiality of records and employment information; Utilizing a computer and relevant software applications; Utilizing communication and interpersonal skills as applied to interaction with coworkers, supervisor, the general public, and others to sufficiently exchange or convey information and to receive work direction. Advanced understanding of basic office applications, including MS Office (Word, Excel, PowerPoint, Outlook, etc.). Must have good communication skills and be capable of writing clear correspondences such as memorandums, letters, emails, etc. Must have proper phone and email etiquette.

- **Licensing:**
  - o Valid CNMI Driver's License with appropriate class.
- **Physical Demands:**
  - o Occasionally required to lift and/or move up to 10 pounds and occasionally lift and/or move up to 20 pounds.

All applicants may be tested and all applicants are subject to pre-employment drug test.

How to Apply: Submit a completed CUC Employment Application, resume, and applicable supporting documents to the CUC Human Resources office located on the 3rd Floor of the Joeten Dandan Building on Saipan, Monday through Friday 7:30 am – 4:30 pm (Except Legal Holidays). Applicants on the island of Tinian and Rota may submit their documents to their respective CUC Administration office. Application, resume and supporting documents can also be e-mailed to: employment.applications@cucgov.org.

P.O. Box 501220, Third Floor, Joeten Dandan Building, Saipan, MP 96950
Tel: (670) 664-4282 • Fax: (670) 235-5131
CUC is an Equal Opportunity Provider and Employer.

Opinion

Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
Volume XXXIII, Issue No. 150

Published daily at 2/F JP Center,
Beach Road, Garapan, Saipan, CNMI
Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

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MEMBER

The Associated Press | Pacific Islands News Association

EDITORIAL

Cities must prepare for deadly heat

The human body can barely cope with weather this hot. In Phoenix, where the asphalt can hit 180F (82C), emergency-room doctors are zipping heat-stroke victims into body bags full of ice. Tens of thousands worldwide die from overheating each year, a toll that's set to worsen. Global cities must prepare to deal with extreme heat as a matter of public health.

Several factors are converging that could make this year the hottest on record. First, heat domes have settled over large areas of North America, Europe and Asia. This happens when zones of high pressure in the atmosphere trap warm air below, pushing humidity (and cooling rainstorms) out of the system. Elsewhere, warming oceans are increasing humidity, while the recurring El Niño climate pattern is exacerbating the effects of an already warming planet.

These hotter, more humid conditions can have dire health consequences. The most serious is heat stroke, when the body loses its ability to cool down. It's often fatal. Other issues include heat exhaustion and dehydration, which can increase the risk of heart attack or stroke. Extreme heat also exacerbates respiratory problems—even more so when the air quality is poor from pollution or wildfires. The most vulnerable include children, the elderly and outdoor workers.

City-dwellers are also at added risk. More than half the world's population lives in cities, rising to almost 70% by 2050. Sweltering temperatures have turned some urban areas into "heat islands," with dense concentrations of pavement, buildings and surfaces that retain heat and offer little tree cover. Peak temperatures in such cities can be 15 to 20 degrees hotter than in surrounding areas. That not only creates health risks, but reduces labor productivity, saps economic growth and stresses urban infrastructure.

Health officials and policymakers need to do more to adapt. New York City has established cooling centers and a program to subsidize air conditioning for the vulnerable, including elderly and low-income residents. Chicago created a "311" program that involved well-being checks for at-risk residents, in addition to a text-and-email emergency-notification system.

Longer-term, cities should invest in infrastructure that's better suited to a changing climate, including covered walkways, "cool roofs" with white or reflective paint, and more expansive greenery, which can make urban heat more tolerable. Equatorial cities such as Singapore have planted grass over bus stops and on the sides of buildings. Medellín, Colombia, has created a network of "green corridors," shaded by thousands of newly planted trees. Such measures don't always come cheap, but the cost of inaction is high. From 1992 to 2013, heat waves cost the global economy more than $5 trillion, one recent study estimated.

Even as cities adapt to warmer weather, they shouldn't grow complacent. In addition to adopting resiliency measures, the world still needs to slash emissions, invest in clean-energy projects, impose higher costs on greenhouse gases and boost research into carbon-reducing technologies. For millions of people across the world, the heat has become impossible to ignore. It's time policymakers come to the same conclusion.

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I TOLD you GLOBAL WARMING was a HOAX!
TRUMP INDICTMENT #2
NEW CHARGE AGAINST TRUMP
TRUMP INDICTMENT #2
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MARK BELL .COM

Cultural artifacts inspired by the Korean War prove it is hardly forgotten 70 years later

By M.J. MOORE
CHICAGO TRIBUNE

The new film "Oppenheimer" guarantees fresh debates about America ending World War II by dropping two atomic bombs on Japan in August 1945.

Odd but true: Only eight years later, in 1953, a troupe of mostly American musical artists—Ella Fitzgerald, Benny Carter, Roy Eldridge and Gene Krupa, among others—received rapturous applause in Tokyo as part of producer Norman Granz's concert series "Jazz at the Philharmonic," which became a smash hit on an international tour.

Elsewhere in 1953, the Korean Armistice Agreement was duly signed. Seventy years after that armistice was finalized in the border town of Panmunjom on July 27, 1953, the perennial crises ignited by the Korean War of 1950 to 1953 bitterly remain. North and South Korea are as divided as ever, while America's alliance with South Korea prevails. There's nuclear rhetoric as the "forgotten war" threatens to erupt again.

One way to acknowledge the 70th anniversary of the armistice halting the Korean War is to look at some cultural artifacts. I'll exempt "M*A*S*H" (the book, film and long-running television series) because its Vietnam-era sensibilities used Korea as a decoy locale, not for serious exploration.

Two important short novels come to mind: William Styron's "The Long March" (1952) and James A. Michener's "The Bridges at Toko-ri" (1953) capture the bewilderment experienced by innumerable Americans as our nation found itself again at war, barely five years after World War II.

Nobody anywhere was prepared for it. Not the troops in America's shrunken postwar military. And certainly not the ex-military civilians like Styron who were ordered back into uniform as President Harry Truman declared a "limited" national emergency in December 1950.

It's no accident that T.R. Fehrenbach's 1963 book "This Kind of War," one of the first major accounts of the Korean War, was originally subtitled, "A Study in Unpreparedness."

Michener's novella and the movie "The Bridges at Toko-ri" feature pungent remarks between military officers whose irksome confusion about the war is palpable.

Filmmaker Samuel Fuller, a WWII veteran, put his prodigious skills as a writer, director and producer to work on two films as the war metastasized in Korea: "The Steel Helmet" and "Fixed Bayonets!" are edgy, violent glimpses of the mayhem endured by soldiers and civilians. Fuller managed to transcend Hollywood limits, and "The Steel Helmet" holds up powerfully with lines and images confronting racism, class conflict and the suffering of children in war. Astoundingly, Fuller completed both movies in a single year—1951.

In 1992, bestselling novelist Chaim Potok published "I Am the Clay," drawing from his experience as a U.S. military chaplain in South Korea. "I Am the Clay" dramatizes the wartime travails of an orphan boy and the childless Korean elders who take him in.

"I Am the Clay" is ripe for rediscovery. So is Jere Peacock's major 1961 novel "Valhalla." The New York Times praised the book for its "ruggedly honest point of view," and Norman Mailer in a blurb called it "the best novel I've read about the Marine Corps." It's a raw, profane, realistic novel encompassing the gritty era of the Korean War.

Excellent narrative nonfiction books by David Halberstam, Hampton Sides, Max Hastings and others make clear that the ordeals, disasters and milestone moments at the Battles of Pusan Perimeter, Incheon, Chosin Reservoir and Pork Chop Hill and the Hungnam evacuation were extraordinary episodes.

Even more extraordinary are the parallels such authors cite between the Korean War and the Vietnam War, when once again, in a faraway place few Americans could locate on a map, a confusing war detonated. Dismal analogies abound. My Lai Massacre in 1968 has its parallel at No Gun Ri in 1950. As for the ludicrous use of napalm, which burned foliage and humans alike in Vietnam, one line by an ex-GI in the cable series "Mad Men" sums it up: "It was all over Korea."

And just as the saturation bombing of North Korea failed to bring about victory in 1953, America's "air war" in North Vietnam led to the Christmas bombings of 1972 but no real victory or resolution.

Nonetheless, as July 27 signals the 70th anniversary of the Korean War armistice in 1953, the economic and cultural triumphs of South Korea invite global celebration. Despite everything, the armistice has held.

American music acts won't tour in North Korea anytime soon, but anyone visiting South Korea may witness with awe that the grim Korean War was not a lost cause.

M.J. Moore is the author of Star-Crossed Lovers: James Jones, Lowney Handy, and the Birth of From Here to Eternity.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Asta ki...Pilung

By LUIS JOHN "L.J." DLG. CASTRO
SPECIAL TO THE SAIPAN TRIBUNE

The place was the Hyatt Regency Saipan, and the occasion was the 20th anniversary of the ordination of the late Bishop Tomas Camacho. I forgot what was on the menu, or how many people bought a ticket to attend that event, but the thing that sticks in my mind about that whole night was the highlight performance. It was a reunion of two icons in local music, who through their songs helped inspire countless artists after them to express the creativity through music.

The *danderus* that night were the surviving members of the seminal band, "Chamolinian"— the late Frank "Bokonggo" Pangelinan and the recently departed Candy Taman. For the *manåmko* in attendance, the songs they sang brought them back to a time where life was simple, laidback, and peaceful. For us *manhoben* watching these two legends perform, it was an experience like no other that you had to be there in person to fully appreciate, since this was a time when camera phones were a relatively new thing in the islands. And since Candy's passing a month ago, it's times like these that have made me reflect on the experiences I look fondly of with Candy and the impact in general he had on our music, our islands, and Micronesia and the Pacific.

I remember the first time I met Candy Taman; it was 1992, and I was a 9-year-old in Hawaii on medical referral. I was a patient for the Shriners Clinic in Honolulu, and I just finished having my arm surgically repaired and in physical rehab after my last surgery. I was just biding time with my dad at the hotel, who was my escort, for my last batch of appointments and the clean bill of health to come back home. At the time I was a naughty kid in a place that was still pretty new to me.

And I was running around the lobby of the floor we were staying on, I almost collided with this gentleman wearing sunglasses with a big smile on his face waiting for the elevator to take him to the ground level. I didn't know who he was until I think the next night or a few nights after that, when I saw my dad with him. They were drinking, with the other guys from back home that were staying in the hotel or on Oahu for business. And I was asking my dad, "Who is that?"

And he was telling me, "That's Candy Taman," and I honestly didn't know who he was. He was already an established musician at the time, but the 9-year-old me wasn't really versed in local music. I was an MTV kid back then, but because he was a "music star" according to my dad, he piqued my interest. During that same trip, I found out as well that he and I were cousins.

He was in Hawaii to record his latest album, and invited my father to his suite to listen to a song that he just finished recording, *Patron Marianas Pt. 2*, which included a verse memorializing a relative of his. The thing that I remember my dad saying was when Candy made him listen to that song and he heard the name of *Tun Luis Korason,* it gave him goosebumps. We can all truly say that that was one of those things that endeared Candy to a whole lot of people. It was not just the fact that he was a longtime entertainer and a consummate showman, but he just had a way with words...and people.

When it came to writing songs, he was from that generation that knew how to mix modernization at the time with old school customs and ideals, and it came out in a lot in the songs Candy wrote. A lot of them dealt with life on the islands as he saw it. He was born three years after the war, Jan. 9, 1948, to be exact. As a matter of fact, the same Commonwealth he would talk about on many of the songs he wrote, co-wrote, recorded as a solo artist or as a member of bands like CHamolinian and the equally legendary Tropicsette, was established the day he turned 30, and he was also sworn into Congress on his 58th birthday (just a fun fact for all of you).

He grew up in a period of our history where there were fair shares of struggles to go around. He grew up just like many of our grandparents and great-grandparents did, in a Northern Marianas that held dealing with a quickly evolving modern world. It was those moments seen through his eyes that was the catalyst of many of the songs he wrote and performed. He and his fellow artists wrote quite a few songs about maintaining the ways of the past while keeping an eye on the future. A classic example of that is one of his most timeless tunes, *American Påo* Asu, from his first album "Ai Familiåkko." Where although the melody is catchy and the song makes you want to get up and cha-cha, the lyrics are a call to all of us to never forget our roots and culture when we pick up the latest fads and trends. Like any usual island boy, Candy and his friends sang songs about their love of homeland, Saipan, or as one early hit of his calls it, *i Islan CHamolinian*. He sung about being respectful to your elders, urging us to deal with things life takes us with humility and amicably. Candy also wrote songs that some could say had double meaning, some raunchy, some practical, many emotional.

A song I think that falls into this distinction is the song from the eponymous album, "Galaide sin Låyak," written about a friend of his who had his heart broken by someone he had deep feelings for, and in turn the pain made him feel lost and depressed. Although it being a love song, the title in itself can relate to anything that happens in our lives that leaves us hurt, stressed, depressed, or with a feeling of uncertainty. In times like those, we can all say we were like "a canoe without a sail," drifting in the water, unsure of where we will go from there. In these years of enduring typhoons and a pandemic, all of us can say we've felt that here and there. He wrote songs that were in fact stories in themselves. Many of us remember the composition *Mt. Pagan* from the "Ingråto" album by CHamolinian.

Despite its length, Candy's distinct sound and the emotion he projects bring you back to that fateful day in '81 when residents of Pagan witnessed their island rumble and roar, causing them to evacuate their homes to save themselves and their loved ones. Candy's wife, Mary Ellen, told us that everything he sang was based off true stories told to him by those who lived through it. He sang of honoring those whose lives helped in shaping our history, such as the many iterations of the song *Patron Marianas,* where he honors not just our political leaders, he honors educators, traditional leaders and legendary figures, all in educating us about our origins as a people.

Going back to that night in 2005, Candy told us the story behind the song *Hubispo Camacho,* from the "Legend of Taga" album, in which he shared he wrote it after finding out about the bishop's appointment from the Vatican while at an evening recording session with Bokonggo. The news brought so much happiness to him that they immediately went to penning, composing, and recording the tribute to the new spiritual leader. And though Candy could sing in both CHamorro and Carolinian, Candy's love of Micronesia and the Pacific was evident in songs he sang in the languages of our island neighbors.

Hits such as *Yigo Akasasa, Nih Eih Anane Luk (Menlau), Pitiniau En Weremwen,* and songs sung with frequent collaborator Halley Erich from Palau brought the crowd to the floor to dance the night away from Garapan to Koror, Wenio, Kolonia, and even Ebeye. So many songs, so many albums, many of them part of the theoretical Great Micronesian Songbook. It's things like these that made Candy a legend throughout this blue continent.

A good example of that was 20 years ago, when he and I represented the CNMI at the 9th Festival of Pacific Arts in Palau, the first time FESTPAC was held in Micronesia. Wherever we went whether it'd be Koror, Ngeremlengui, Babeldaob, the Rock Islands, and Candy was with us, admiration and respect was shown to him by everyone he interacted with. He was a rock star, elder statesman, tribal chief wrapped up into one, the way people cheered for him and acknowledged him.

There were quite a few things I learned about the intricacies of Pacific culture on that trip with Candy. It was on an excursion to the Rock Islands where he taught me the proper way to eat a tataga, among other things. One thing I look fondly back on that time was an evening show we did at Asahi Stadium, where during a performance of *Hågu I Inan I Langet,* he and I hit the high note in the chorus and held that note for so long the girls dancing with the flaming coconut shells in their hands were giving us the look that they were being burned by the heat of the sterno cans in their *haiguas*.

Candy even made leaving Palau memorable. We had chartered a place to take us straight to Saipan in the red-eye hours. By chance, Candy and I were sitting in the same row, next to each other. Long story short, I found out both he and I get pretty anxious while on flights. So, in order to pacify him being uneasy on the plane and being unable to sleep, I gave him the albums of pictures I took to pass the time. By the end of the flight, there were a handful of pictures missing from those albums. Not surprisingly they were all photos of him, and people he posed for photos with that were dear to him.

Since then, Candy and I ran into each other off and on, always with a handshake and at times, a hug. Whenever I would coach the Marianas High School students at the UOG Chamorro Language Competition each *Mes CHamorro,* I would make it a point to introduce him to the kids whenever he was called to judge. And the last time he and I met each other was appropriately at a show, the Guam Micronesia Island Fair in 2014. Despite his body's limitations, his mind, wit, humor and charisma were sharp as ever as he had everyone dancing to his oldies...but goodies.

As much as we knew that he was dealing with health issues and they were major ones, when the news hit last June of his death, it's safe to say it hit a lot of us hard. For me, aside from the fact that it was a while since I last saw him, it was profound because of what I guess, he meant to many who look at him as a reason of why we love local music. It's been 15 years and 20 years respectively since Bokonggo and Quirino Aquino (members of CHamolinian) left us, five years since the death of the "Colonel," years coming and going with various members of Tropicsette leaving us and almost a decade since the last surviving member of Rematau, Dave Peter, passed away, so prior to dying Candy was one of our last living links to the golden age of our musical lineages.

Although we have had so many great artists in the last few decades who have taken the task of continuing on our rich musical legacy, Candy was one of a few who prided themselves on releasing original music as opposed to just recording and performing covers. But to be fair...a few of his classics did borrow tunes from more recognized songs or were translated covers. It can be safe to say, it would be hard to find a songwriter and entertainer who can stand on the same level as Candy Taman did back in the day.

Sad as it may be, many musicians whose music makes us bob our heads or move our feet take comfort knowing that Candy lived long enough to see them carry on what he and his contemporaries helped to establish. A few of them even get the chance to share the stage with him on a few occasions. Many of them in their own unique ways, found a way to tell him, "Thank you," for the inspiration he gave.

For us the fans, we find solace knowing the music will keep Candy alive in our minds. Every time one of us streams his songs on YouTube or Soundcloud. When we listen to his music on our phones, tablets, or computers. Or even when we pop in a CD into a boombox, or *maseha* rewind a cassette or drop a needle on one of his albums in vinyl, the legacy of his work will continue to make us reminisce, recollect, and remember this icon, trailblazer, pioneer, artist and ambassador of our music and our culture.

And for a few of us, we have the memories to remember by as well. His humor, wit, generosity, and charisma will be things all us blessed to have known to him will continue to hold close. Just like the late Israel Kamakawiwo`ole famously sang that we'd never find another Hawaiian like him, it will be a sure thing we may possibly never find another CHamolinian like Candy Taman. *Pues deskånsa gi Pas primu. Si yu'us ma'åse yan ghilisou* for the music and especially...for the memories.

Asta ki "Pilung."

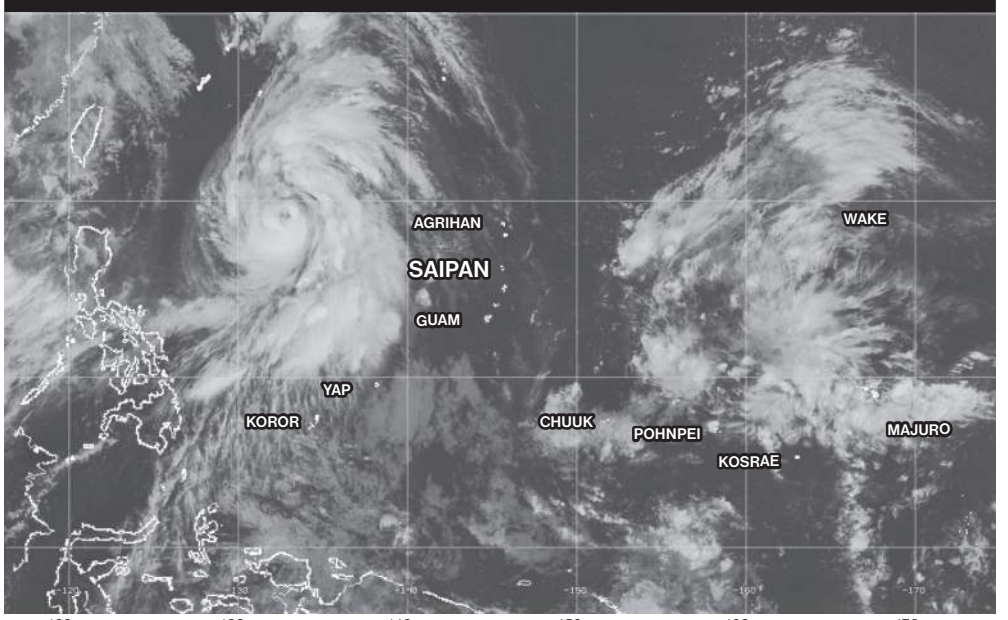
Luis John "L.J." DLG. Castro is a former lawmaker who is currently the secretary/coordinator of the 19th CNMI Youth Congress .

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Isolated showers. Partly sunny	Mostly sunny	Mostly sunny	Partly sunny	Mostly sunny
86° 78°	86° 78°	86° 79°	84° 79°	86° 81°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:08 AM, SUNDAY, JULY 30, 2023

Western North Pacific between equator and 25N from 130E to 180.

Guam Doppler weather radar shows only a few showers within the Marianas Waters this morning as a ridge moves through. The Ipan buoy reveals east swell of 2 to 3 feet, which is combining with a west swell of 5 to 6 feet shown in model data, since the buoy is sheltered from west swell by the island of Guam. Combined seas are therefore around 5 to 7 feet.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA	▲ ▼ °F	
Guam and Rota	Partly Cloudy	88° / 80°
Palau	Thunderstorms	83° / 77°
Yap	Thunderstorms	85° / 79°
Chuuk	Mostly Cloudy	86° / 80°
Pohnpei	Thunderstorms	88° / 76°
Kosrae	Thunderstorms	88° / 76°
Majuro	Thunderstorms	87° / 81°

DAY	SUNRISE	SUNSET
Today	5:59 AM	6:47 PM
Tuesday	5:59 AM	6:47 PM
Wednesday	5:59 AM	6:46 PM
Thursday	5:59 AM	6:46 PM
Friday	5:59 AM	6:46 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	3:49 AM	5:32 PM
Tuesday	-	4:57 AM	6:33 PM
Wednesday	-	6:06 AM	7:28 PM
Thursday	-	7:12 AM	8:17 PM
Friday	-	8:15 AM	9:02 PM

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Showers	57° / 54°
Beijing	Partly Cloudy	90° / 73°
Hong Kong	Thunderstorms	90° / 82°
Honolulu	Mostly Sunny	88° / 77°
London	Showers	81° / 63°
Los Angeles	Sunny	88° / 71°
Manila	Thunderstorms	88° / 79°
Melbourne	Showers	54° / 45°
Miami	Thunderstorms	87° / 80°
New York	Mostly Sunny	85° / 71°
Osaka	Partly Cloudy	90° / 79°
Paris	Mostly Sunny	108° / 73°
Busan	Thunderstorms	81° / 75°
Rome	Sunny	97° / 73°
Salem	Mostly Sunny	86° / 66°
San Francisco	Partly Cloudy	64° / 55°
Seoul	Thunderstorms	81° / 75°
Tokyo	Showers	86° / 75°
Washington, DC	Mostly Sunny	84° / 68°

TIDES: SAIPAN HARBOR TODAY	FEET	
4:50 AM	High Tide	2.08
12:30 PM	Low Tide	-0.35
7:57 PM	High Tide	2.08
-	-	-

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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SUBSCRIPTION Published Monday to Friday, Saipan Tribune offers door-to-door on-island delivery at an annual rate of $180. For additional subscription information, call (670) 235-8747 or 235-2769, or fax 235-3740.

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FLIGHT SCHEDULE AS OF JULY 19, 2023

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:30AM	Daily
UA156	7:10PM	7:55PM	1, 4

SAIPAN- NARITA (NRT)

UA824	7:25AM	9:55AM	1, 3, 5

GUAM-MANILA (MNL)

PR 111	5:55AM	7:55AM	Daily
UA193	6:55PM	10:55PM	2, 5 via Palau
UA183	7:15PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

OZ626/703	4:20AM	10:35PM	1, 4, 5, 7 via ICN
UA117/183	9:50AM	9:10PM	Daily via Guam
UA117/193	9:50AM	10:55PM	2, 5 via Guam, Palau

SAIPAN-INCHEON (ICN)

7C3467	3:00AM	7:10AM	Daily up to July 20
TW308	3:15AM	7:00AM	Daily
OZ626	4:20AM	7:55AM	Daily
7C3403	4:45AM	8:35AM	Daily
TW9308	4:45AM	8:45AM	1, 5 July 17 to Aug 18
7C3405	4:10PM	7:45PM	Daily

SAIPAN-BUSAN (PUS)

7C3451	3:20AM	6:30AM	1, 4, 5, 7 from July 21

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:50AM	Daily
UA112	5:15PM	6:05PM	1, 4

NARITA (NRT)-SAIPAN

UA825	9:25PM	1:50AM+1	2, 4, 7

MANILA (MNL)-GUAM

UA184	10:25PM	4:25AM+1	1, 3, 4, 6, 7
UA189	10:25PM	6:10AM+1	2, 5 via Palau
PR110	10:30PM	4:25AM+1	Daily
UA192	11:50PM	5:35AM+1	2, 5

MANILA (MNL)-SAIPAN

UA184/174	10:25PM	8:45AM+1	1, 3, 4, 6,7 via Guam
UA192/174	10:25PM	8:45AM+1	2, 5 via Palau, Guam
UA184/174	11:50PM	8:45AM+1	2, 5 via Guam

INCHEON (ICN)-SAIPAN

7C3406	9:30AM	3:10PM	Daily
7C3468	8:20PM	1:50AM+1	Daily up to July 19
TW307	8:30PM	2:15AM+1	Daily
OZ625	9:25PM	2:55AM+1	3, 4, 6, 7
TW9307	10:00PM	3:45AM+1	6, 4 July 23 to Aug 20
7C3405	10:10PM	3:40AM+1	Daily

BUSAN (PUS)-SAIPAN

7C3452	9:35PM	2:20AM+1	3, 4, 6, 7 from July 20

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily
1302	11:00	11:30	Mon/Wed/Fri
1302	12:00	12:30	Tues/Thurs/Sat/Sun
1303	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3101	9:30	10:00	Daily
3102	13:00	13:30	Tues/Thurs/Sat/Sun
3102	14:00	14:30	Mon/Wed/Fri
3103	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
4301	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily

Business

Gather around the grill at Mai Teppanyaki from Aug. 4

Following extensive resort renovations, Saipan favorite Mai Teppanyaki will be reopening on Friday, Aug. 4.

Located at the Crowne Plaza Resort Saipan, the signature teppanyaki restaurant will be available for groups of 8-12 people dining with 72 hours advance reservation required.

Enjoy live cooking from the Teppan chefs as they present culinary creations from the new Surf & Turf menu of sashimi, snow crab salad, a seafood course, certified angus beef tenderloin and ribeye, rice, miso soup and dessert. The seafood course offers a choice of market fish, salmon, tiger prawn and scallop or lobster tail and scallop. The Surf & Turf menu also offers a wine pairing option.

The intimate setting of Mai Teppanyaki is ideal for gathering with family, friends or colleagues and for celebrating special occasions.

"The vision behind Mai Teppanyaki is a classic, authentic Japanese style of teppanyaki. Our well-skilled culinary team brings the guest a contemporary food experience," said Culinary director Gennaro Avagnale. "Mai Teppanyaki offers a menu of fresh market products daily to give our guests a wonderful teppanyaki dining experience."

Mai Teppanyaki is open for group dining, for reservations of minimum eight to a maximum of 12 people per reservation. Parties are welcome to dine any day of the week from 6pm to 9pm but reservations are required 72 hours prior to dining.

The Surf & Turf menu is priced at $95 per person, $125 per person with wine pairing included.

Crowne Plaza Resort Saipan general manager Robert Coates expressed his excitement about the opening "Mai Teppanyaki is one of our signature restaurants at Crowne Plaza Resort Saipan. We're delighted to open for our local and international guests to enjoy a traditional Japanese teppanyaki experience"

For reservations, email restaurants.cprsaipan@ihg.com or call (670) 234-6412.

Crowne Plaza Resort Saipan is a 422-room resort located in Garapan. Guests will be greeted by the resort's lush tropical gardens and panoramic view of Micro Beach. The resort offers five restaurants and bars, large conference and event space and extensive leisure facilities.

Part of international hotel operator InterContinental Hotels Group, Crowne Plaza Resort Saipan's warm and friendly hospitality and service style ensures a memorable stay. ***(PR)***

MARK RABAGO
Mai Teppanyaki is open for group dining, for reservations of minimum eight to a maximum of 12 people per reservation.

MARK RABAGO
Mai Teppanyaki is located at the Crowne Plaza Resort Saipan.

BUSINESS BRIEFS

Ford recalls 870K F-150 pickups in US because parking brakes can turn on unexpectedly

DEARBORN, Mich. (AP)—Ford is recalling more than 870,000 newer F-150 pickup trucks in the U.S. because the electric parking brakes can turn on unexpectedly. The recall covers certain pickups from the 2021 through 2023 model years with single exhaust systems. Ford's F-Series pickups are the top-selling vehicles in the U.S. The company says in documents posted by government safety regulators Friday that a rear wiring bundle can come in contact with the rear axle housing. That can chafe the wiring and cause a short circuit, which can turn on the parking brake without action from the driver, increasing the risk of a crash. Drivers may see a parking brake warning light and a warning message on the dashboard. Ford says in documents that it has 918 warranty claims and three field reports of wire chafing in North America. Of these, 299 indicated unexpected parking brake activation, and 19 of these happened while the trucks were being driven. The company says it doesn't know of any crashes or injuries caused by the problem. Dealers will inspect the rear wiring harness. If protective tape is worn through, the harness will be replaced. If the tape isn't worn, dealers will install a protective tie strap and tape wrap. Owners will be notified by letter starting Sept. 11. Owners with questions can call Ford customer service at (866) 436-7332.

Consumer demand for speed, convenience drives labor unrest among workers in Hollywood, UPS

NEW YORK (AP)—Six straight days of 12-hour driving. Single digit paychecks. The complaints come from workers in vastly different industries: UPS delivery drivers and Hollywood actors and writers. But they point to an underlying factor driving a surge of labor unrest: The cost to workers whose jobs have changed drastically as companies scramble to meet customer expectations for speed and convenience in industries transformed by technology. The COVID-19 pandemic accelerated those changes, pushing retailers to shift online and intensifying the streaming competition among entertainment companies. Now, from the picket lines, workers are trying to give consumers a behind-the-scenes look at what it takes to produce a show that can be binged any time or get dog food delivered to their doorstep with a phone swipe. Overworked and underpaid employees is an enduring complaint across industries—from delivery drivers to Starbucks baristas and airline pilots—where surges in consumer demand have collided with persistent labor shortages. Workers are pushing back against forced overtime, punishing schedules or company reliance on lower-paid, part-time or contract forces.

Congress breaks for August with no clear path to avoiding shutdown this fall

WASHINGTON (AP)—Lawmakers broke for their August recess this week with work on funding the government largely incomplete, fueling worries about whether Congress will be able to avoid a partial government shutdown this fall.

Congress has until Oct. 1, the start of the new fiscal year, to act on government funding. They could pass spending bills to fund government agencies into next year, or simply pass a stopgap measure that keeps agencies running until they strike a longer-term agreement. No matter which route they take, it won't be easy.

"We're going to scare the hell out of the American people before we get this done," said Sen. Chris Coons, D-Del.

Coons' assessment is widely shared in Congress, reflecting the gulf between the Republican-led House and the Democratic-led Senate, which are charting vastly different — and mostly incompatible — paths on spending.

The Senate is adhering mostly to the top-line spending levels that President Joe Biden negotiated with House Republicans in late May as part of the debt-ceiling deal that extended the government's borrowing authority and avoided an economically devastating default.

That agreement holds discretionary spending generally flat for the coming year while allowing increases for military and veterans accounts. On top of that, the Senate is looking to add $13.7 billion in additional emergency appropriations, including $8 billion for defense and $5.7 billion for nondefense.

House Republicans, many of whom opposed the debt-ceiling deal and refused to vote for it, are going a different way.

GOP leaders have teed up bills with far less spending than the agreement allows in an effort to win over members who insist on rolling back spending to fiscal year 2022 levels. They are also adding scores of policy add-ons broadly opposed by Democrats. There are proposals to reduce access to abortion pills, bans on the funding of hormone therapy and certain surgeries for transgender veterans, and a prohibition on training programs promoting diversity in the federal workplace, among many others.

At a press conference at the Capitol this past week, some members of the House Freedom Caucus, a conservative faction within the House GOP, said that voters elected a Republican majority in that chamber to rein in government spending and it was time for House Republicans to use every tool available to get the spending cuts they want.

"We should not fear a government shutdown," said Rep. Bob Good, R-Va. "Most of the American people won't even miss if the government is shut down temporarily."

Nation

Biden jokes GOP may impeach him because inflation starting to cool down

AUBURN, Maine (AP)—President Joe Biden—buoyed by new signs the economy is continuing on the upswing—took a swipe on Friday at House Republicans' flirtations with an impeachment inquiry, quipping that GOP lawmakers may decide to impeach him because inflation is cooling down.

Standing in a textile manufacturing facility in Auburn Biden pointed to inflation statistics that showed the U.S. has the lowest rate of price increases among the world's biggest economies. Though he was careful to say he was not taking a victory lap on the economy, Biden suggested that his Republican opponents in Congress may need to find a fresh line of attack against him because of improving economic circumstances.

"Maybe they'll decide to impeach me because it's coming down," Biden said. "I don't know. I'd love that one."

Earlier this week, House Speaker Kevin McCarthy made his most direct remarks yet that GOP lawmakers could launch an impeachment inquiry into Biden over unproven claims of financial misconduct related to Hunter Biden, the president's son. However, the California Republican has acknowledged privately that it's too soon to know whether the president was aware of — much less involved in — his son's financial dealings in a way that would rise to the level of impeachable conduct.

AP

President Joe Biden greets guests after speaking at Auburn Manufacturing Inc., in Auburn, Maine, Friday, July 28, 2023, and signing an executive order to encourage companies to manufacture new inventions in the United States.

While McCarthy publicly floated the inquiry this week, the White House has engaged little with those efforts, instead focused on promoting "Bidenomics" and the president's domestic agenda. Aides have repeatedly played down any inquiry as a hypothetical and pointed out the hesitation among McCarthy's own ranks about pursuing impeachment against the president.

"We're not going to get into what House Republicans want to do, may not do, hypotheticals, that's on them," White House press secretary Karine Jean-Pierre told reporters on Air Force One en route to Maine earlier Friday. "What I can speak to is exactly what we're doing today, right? We're going to Maine. We're going to be able to talk about an issue that matters to Americans: investing in America, manufacturing, bringing good union-paying jobs back to America."

Indeed, that was the focus of the White House on Friday, as Biden used the trip to Maine to sign an executive order that would encourage companies to manufacture new inventions in the United States. It was Biden's first trip to the state as president.

"I'm not here to declare victory on the economy. We have more work to do," Biden said. But "we have a plan for turning things around. 'Bidenomics' is just another way of saying restoring the American dream."

The Democrat won three out of the state's four electoral votes in 2020 and is seeking to shore up his support in the state. Maine allocates its electoral votes by congressional district, and Biden lost the vote in the state's 2nd District, which provided the only electoral vote in New England for then-President Donald Trump, a Republican.

By going to that district on Friday, Biden sought to show its blue-collar voters that he's committed to them, as a single electoral vote could be critical in a narrow 2024 presidential election.

Trump, amid legal perils, calls on GOP to rally around him

NEW YORK (AP)—At a moment of growing legal peril, Donald Trump ramped up his calls for his GOP rivals to drop out of the 2024 presidential race as he threatened to primary Republican members of Congress who fail to focus on investigating Democratic President Joe Biden and urged them to halt Ukrainian military aid until the White House cooperates with their investigations into Biden and his family.

"Every dollar spent attacking me by Republicans is a dollar given straight to the Biden campaign," Trump said at a rally in Erie, Pennsylvania, on Saturday night. The former president and GOP frontrunner said it was time for Florida Gov. Ron DeSantis and others he dismissed as "clowns" to clear the field, accusing them of "wasting hundreds of millions of dollars that Republicans should be using to build a massive vote-gathering operation" to take on Biden in November.

The comments came two days after federal prosecutors unveiled new criminal charges against Trump as part of the case that accuses him of illegally hoarding classified documents at his Mar-a-Lago club and refusing to turn them over to investigators. The superseding indictment unsealed Thursday alleges that Trump and two staffers sought to delete surveillance at the club in an effort to obstruct the Justice Department's investigation.

The case is just one of Trump's mounting legal challenges. His team is currently bracing for additional possible indictments, which could happen as soon as this coming week, related to his efforts to overturn the results of the 2020 election brought by prosecutors in both Washington and Georgia. Trump already faces criminal charges in New York over hush money payments made to women who accused him of sexual encounters during his 2016 presidential campaign.

Nevertheless, Trump remains the dominant early frontrunner for the Republican nomination and has only seen his lead grow as the charges have mounted and as his rivals have struggled to respond. Their challenge was on display at a GOP gathering in Iowa Friday night, where they largely declined to go after Trump directly. The only one who did — accusing Trump of "running to stay out of prison" — was booed as he left the stage.

In the meantime, Trump has embraced his legal woes, turning them into the core message of his bid to return to the White House as he accuses Biden of using the Justice Department to maim his chief political rival. The White House has said repeatedly that the president has had no involvement in the cases.

At rallies — including Saturday's — Trump has tried to frame the charges, which come with serious threats of jail time, as an attack not just on him, but those who support him.

"They're not indicting me, they're indicting you. I just happen to be standing in the way," he told the arena crowd in Erie, adding that, "Every time the radical left Democrats, Marxists, communists and fascists indict me, I consider it actually a great badge of honor.... Because I'm being indicted for you."

30 days over 110 degrees in Phoenix

PHOENIX (AP)—A historic heat wave that has gripped the U.S. Southwest throughout July, blasting residents and baking surfaces like brick, is beginning to abate with the late arrival of monsoon rains.

» But expected monsoon rains could cool historically hot Southwest

Forecasters expect that by Monday, people in metro Phoenix will begin to see high temperatures fall under 110 degrees Fahrenheit (43.3 degrees Celsius) for the first time in a month.

But not on Saturday. The high temperature in the desert city with more than 1.6 million residents climbed past 110 F for the 30th straight day, the National Weather Service said. The previous record stretch of 110 F or above was for 18 days in 1974.

There are increased chances on Sunday of cooling monsoon thunderstorms. Though wet weather can also bring damaging winds, blowing dust and the chance of flash flooding, the weather service warned. Sudden rains running off hard-baked surfaces can quickly fill normally dry washes.

Already this week, the overnight low at Phoenix Sky Harbor International Airport fell under 90 F (32.2 C) for the first time in 16 days, finally giving residents some respite from the stifling heat once the sun goes down.

Temperatures also were expected to ease in Las Vegas, Albuquerque and even in Death Valley, California, where the weather service said the expected high of 122 F (50 C) on Saturday is forecast to lower to 113 F (45 C) by Tuesday — along with a slight chance of rain.

Also in California, triple-digit heat was expected in parts of the San Joaquin Valley from Saturday through Monday, according to the National Weather Service in Hanford, California.

Gusty, late-afternoon winds were expected Saturday and Sunday in Santa Barbara County, posing an elevated risk of fire weather, the weather service in Los Angeles said. Hot, dry weather was also expected across nearby valleys, lower mountains and desert areas.

In Riverside County, more than 1,300 people were ordered to evacuate their homes and another 1,400 were facing evacuation warnings as crews battled a wildfire that charred 3.2 square miles (8.3 square kilometers) in the community of Aguanga, about 60 miles (96 kilometers) northeast of San Diego, authorities said Saturday. One firefighter was reported to have been injured in the so-called Bonny Fire, which authorities said was about 5% contained.

The heat is impacting animals, as well. Police in the city of Burbank, California, found a bear cooling off in a Jacuzzi behind a home on Friday. Police released a video of the animal in a neighborhood about 10 miles (16 kilometers) north of Los Angeles near the Verdugo Mountains and warned residents to lock up food and garbage.

Asia

China:US military aid to Taiwan won't deter its will to unify island

AP

Taiwan's military holds drills of the annual Han Kuang military exercises that simulate an anti-landing operations near the coast in New Taipei City, northern Taiwan, Thursday, July 27, 2023

TAIPEI, Taiwan (AP)—China accused the United States of turning Taiwan into an "ammunition depot" after the White House announced a $345 million military aid package for Taipei, and the self-ruled island said Sunday it tracked six Chinese navy ships in waters off its shores.

China's Taiwan Affairs Office issued a statement late Saturday opposing the military aid to Taiwan, which China claims as its own territory.

"No matter how much of the ordinary people's taxpayer money the ... Taiwanese separatist forces spend, no matter how many U.S. weapons, it will not shake our resolve to solve the Taiwan problem. Or shake our firm will to realize the reunification of our motherland," said Chen Binhua, a spokesperson for the Taiwan Affairs Office.

"Their actions are turning Taiwan into a powder keg and ammunition depot, aggravating the threat of war in the Taiwan Strait," the statement said.

China's People's Liberation Army has increased its military maneuvers in recent years aimed at Taiwan, sending fighter jets and warships to circle the island.

On Sunday, Taiwan's Ministry of National Defense said it tracked six Chinese navy ships near the island.

Taiwan's ruling administration, led by the Democratic Progressive Party, has stepped up its weapons purchases from the U.S. as part of a deterrence strategy against a Chinese invasion.

China and Taiwan split amid civil war in 1949, and Taiwan has never been governed by China's ruling Communist Party.

Unlike previous military purchases, the latest batch of aid is part of a presidential authority approved by the U.S. Congress last year to draw weapons from current U.S. military stockpiles — so Taiwan will not have to wait for military production and sales.

While Taiwan has purchased $19 billion worth of weaponry, much of it has yet to be delivered to Taiwan. Washington will send man-portable air defense systems, intelligence and surveillance capabilities, firearms and missiles to Taiwan.

At least 26 die in capsized ferry in PH

MANILA, Philippines (AP)—A small Philippine ferry turned upside down when passengers suddenly crowded to one side in panic as fierce winds pummeled the wooden vessel, leaving at least 26 people dead while 40 others were rescued, officials said Friday.

Coast guard and police said search and rescue efforts had resumed after a pause Thursday night. Officials said it remained unclear how many people were aboard the M/B Princess Aya, which capsized Thursday in Laguna de Bay in Rizal province east of Manila.

When people rushed to one side of the vessel amid severe winds, the boat tilted and its outrigger broke, then the boat capsized shortly after leaving a wharf in the town of Binangonan for nearby Talim island, police and the coast guard said.

The accident happened only about 46 meters (150 feet) from shore, officials said at a news conference.

The Rizal provincial police said that they immediately launched a rescue operation with the help of the coast guard and other local authorities, but that at least 26 people drowned. Forty others were saved.

"This is really a tragic event that has to be investigated," coast guard Rear Adm. Hostillo Arturo Cornelio told reporters.

The ferry was supposed to carry a maximum of 42 passengers and crewmembers but was overloaded, Cornelio said. He said investigators would also look into reports that the passengers were not wearing life vests as required by safety regulations.

Asked how many people were on the boat, Cornelio said it was unclear if there were more than the 66 who died or were save. "We assume there could be more," he said.

The search was continuing Friday.

A video released by the coast guard showed rescuers on a local government boat pulling a body out of the lake. Another video showed local fishermen aboard vessels approaching the overturned boat.

Typhoon Doksuri blew away Thursday after battering the northern Philippines and whipping up seasonal monsoon rains in a large swath of the archipelago.

The capsizing brought the death toll from a week of stormy weather across the main island of Luzon to 39. At least 13 people were reported killed earlier due to Doksuri's onslaught, mostly due to landslides, flooding and toppled trees and thousands were displaced, disaster response officials said.

Sea travel was suspended in many ports during Doksuri's onslaught from Tuesday to Wednesday, stranding thousands of passengers and cargo trucks. The no-sail orders were gradually lifted Thursday as weather improved in many areas.

World

Source: Saudi Arabia will host Ukraine-Russia peace summit

DUBAI, United Arab Emirates (AP)—Saudi Arabia will host a Ukrainian-organized peace summit in early August seeking to find a way to start negotiations over Russia's war on the country, an official said Saturday night. The kingdom and Kyiv did not immediately acknowledge the planned talks.

The summit will be held in the Red Sea port city of Jeddah, said the official, who spoke on condition of anonymity as no authorization had been given to publicly discuss the summit.

Those taking part in the summit will include Ukraine, as well as Brazil, India, South Africa and several other countries, the official said. A high-level official from U.S. President Joe Biden's administration also is expected to attend, the official said. Planning for the event is being overseen by Kyiv and Russia is not invited, the official said.

KYIV, Ukraine (AP)—Ukraine's President Volodymyr Zelenskyy on Friday signed a law moving the official Christmas Day holiday to Dec. 25 from Jan. 7, the day when the Russian Orthodox Church observes it.

The explanatory note attached to the law said its goal is to "abandon the Russian heritage," including that of "imposing the celebration of Christmas" on Jan. 7. It cited Ukrainians' "relentless, successful struggle for their identity" and "the desire of all Ukrainians to live their lives with their own traditions, holidays," fueled by Russia's 17-month-old aggression against the country.

Last year, some Ukrainians already observed Christmas on Dec. 25, in a gesture that represented separation from Russia, its culture and religious traditions.

The law also moves the Day of Ukrainian Statehood to July 15 from July 28, and the Day of Defenders of Ukraine to Oct. 1 from Oct. 14.

The Russian Orthodox Church, which claims sovereignty over Orthodoxy in Ukraine, and some other Eastern Orthodox churches continue to use the ancient Julian calendar. Christmas falls 13 days later on that calendar, or Jan. 7, than it does on the Gregorian calendar used by most church and secular groups.

The Catholic Church first adopted the modern, more astronomically precise Gregorian calendar in the 16th century. Protestants and some Orthodox churches have since aligned their own calendars for the purpose of calculating Christmas and Easter.

Ukraine's religious landscape has fractured for years. There are two branches of Orthodox Christianity in the country, one aligned with the Russian church, even as it enjoys broad autonomy, the other completely independent of it. The Orthodox Church of Ukraine, the branch that is separate from the Russian church, announced earlier this year that it was switching to the Revised Julian calendar, which marks Christmas on Dec. 25.

Its leadership last year allowed believers to celebrate the holiday on Dec. 25.

Details regarding the summit, however, remain in flux and the official did not offer dates for the talks. The Wall Street Journal, which first reported on the summit, said the talks would take place Aug. 5 and 6 with some 30 countries attending, citing "diplomats involved in the discussion."

Saudi officials did not immediately respond to a request for comment from The Associated Press, nor did Ukraine's Embassy in Riyadh. News of the summit comes after U.S. national security adviser Jake Sullivan visited the kingdom on Thursday.

The official who spoke to the AP said the summit would be the next step after talks that took place in Copenhagen in June.

Saudi Arabia's hosting of the talks come as Ukrainian President Volodymyr Zelenskyy in May attended an Arab League summit in Jeddah to press those nations to back Kyiv. Arab nations largely have remained neutral since Russia launched the war on Ukraine in February 2022, in part over their military and economic ties to Moscow.

Saudi Arabia also has maintained a close relationship with Russia as part of the OPEC+ group. The organization's oil production cuts, even as Moscow's war on Ukraine boosted energy prices, have angered Biden and American lawmakers.

Drone attack on Moscow injures 1, temporarily closes airport

Russian authorities say three Ukrainian drones attacked Moscow in the early hours on Sunday, injuring one person and prompting a temporary closure for traffic of one of four airports around the Russian capital.

It was the fourth such attempt at a strike on the capital region this month and the third this week, fueling concerns about Moscow's vulnerability to attacks as Russia's war in Ukraine drags into its 18th month.

The Russian Defense Ministry referred to the incident as an "attempted terrorist attack by the Kyiv regime" and said three drones targeted the city. One was shot down in the surrounding Moscow region by air defense systems and two others were jammed. Those two crashed into the Moscow City business district in the capital.

Photos from the site of the crash showed the facade of a skyscraper damaged on one floor. Moscow Mayor Sergei Sobyanin said the attack "insignificantly damaged" the outsides of two buildings in the Moscow City district. A security guard was injured, Russia's state news agency Tass reported, citing emergency officials.

No flights went into or out of the Vnukovo airport on the southern outskirts of the city for about an hour, according to Tass, and the air space over Moscow and the outlying regions was temporarily closed for any aircraft. Those restrictions have since been lifted.

Moscow authorities have also closed a street for traffic near the site of the crash in the Moscow City area.

There was no immediate comment from Ukrainian officials, who rarely if ever take responsibility for attacks on Russian soil.

Russia's Defense Ministry reported shooting down a Ukrainian drone outside Moscow on Friday. Two more drones struck the Russian capital on Monday, one of them falling in the center of the city near the Defense Ministry's headquarters along the Moscow River about 3 kilometers (2 miles) from the Kremlin. The other drone hit an office building in southern Moscow, gutting several upper floors.

In another attack on July 4, the Russian military said four drones were downed by air defenses on the outskirts of Moscow and a fifth was jammed by electronic warfare means and forced down. ***(AP)***

Health & Wellness

What is cardiac arrest? A Mayo Clinic heart expert explains

By DEB BALZER
Mayo Clinic News Network

Cardiac arrest is when the heart cannot fulfill its duties and pump blood, especially oxygenated blood, around the body to get to critical areas, such as the brain. DREAMSTIME/TNS

Cardiac arrest, or sudden cardiac arrest as it is more formally known, is a medical emergency. It happens when an event, usually an electrical disturbance, quickly and unexpectedly causes your heart to stop working. It's not the same as a heart attack and is called sudden because it seems to happen without warning.

Dr. Christopher DeSimone, a Mayo cardiac electrophysiologist specializing in abnormal cardiac rhythm, answers questions about cardiac arrest, the differences between cardiac arrest and heart attack, and why time is critical when treating someone with cardiac arrest.

QUESTION: What happens during cardiac arrest?

Cardiac arrest is when the heart cannot fulfill its duties and pump blood, especially oxygenated blood, around the body to get to critical areas, such as the brain. Now, when there's an arrest, there are two things we go over. One could be the heart stops electrically, so the heart is not going to pump. The other one is the heart goes into an abnormal or lethal rhythm, which we call ventricular fibrillation. That's a more chaotic rhythm of the heart. So electrically this heart's in a bad rhythm, and the ventricles are quivering and not pumping out. Ultimately, both things put you into cardiac arrest, sudden cardiac arrest or sudden cardiac death. The heart cannot fulfill its duties of pumping blood to the lungs and the rest of the body, so that all the nutrients and oxygen can get to the tissues of the heart, brain or what have you.

QUESTION: Why is immediate care, like CPR and AED, so critical?

Survival is possible with immediate, appropriate medical care. Call 911, if able, first.

Once you know that someone's suffered or suspect that they've suffered a cardiac arrest or sudden cardiac arrest, it is important to restore the rhythm as fast as you can.

A cardiac arrest could happen wherever we are in life—in the malls, schools and at work. And if someone passes out, you want to make sure that they're breathing, their heart has a pulse and their heart is pumping. If their heart's not pumping, then what people need to do is emergent CPR.

And every time we walk by things in the hallway, whatever buildings we're in, there are all these things called AED, or automated external defibrillators. That's one of those things that people see on TV where they're shocking the patient back into a normal rhythm.

Because if that device notes that the patient does not have a good rhythm and they're in this ventricular fibrillation, the machine will tell you to shock the heart, and the machine will shock. You're trying to electrically restart the heart so that it goes back into its normal rhythm, and you could have normal pumping function.

QUESTION: Why is time so crucial for dealing with cardiac arrest?

Time is critical because the heart's not pumping blood to the rest of the body—not to the lungs, not to the brain. The oxygen is not getting to the tissues as it usually does when the heart's pumping normally. Everyone knows that time is heart muscle, time is myocardium. When someone's having a heart attack, think about the whole body having a heart attack. The brain is not getting blood, the liver is not getting blood, and the kidney is not getting blood. The heart itself isn't getting oxygenated blood, so all those tissues could die off.

QUESTION: What is the typical treatment for a person having cardiac arrest?

As soon as you can establish a rhythm or if you're still doing CPR and have given medications and doing advanced cardiac life support, part of that is to put a tube down the patient's throat, intubation, and sedate them so that they're under anesthesia.

Sometimes they'll even cool the patient. The patient will not be breathing on their own. A machine will be breathing for the patient. And sometimes what we do is we also cool the patient down.

We're trying to let the tissues that might not have gotten oxygen for minutes—hopefully not hours—recuperate some of their function and make the body spend the least energy as we can. It's common for that to happen so that we can stabilize the patient.

QUESTION: What is the difference between cardiac arrest and heart attack?

When someone has a heart attack, it's more of a plumbing problem. The major arteries going to the heart get plugged up with a clot. When that happens, there's a blockage in the plumbing, and then the heart at that area might get weak because it can't pump because it doesn't get blood flow to itself. And things could happen—like the patient goes into an electrical problem, like sudden cardiac arrest. The plumbing leads to an electrical problem, that's common.

But the heart attack is blocking the plumbing, so blood does not get to the heart. When someone has a sudden cardiac arrest or sudden cardiac death, it could be a manifestation of a heart attack. But sudden cardiac arrest doesn't mean you necessarily need to have heart blockages.

Healthy Living

Nut case

Nuts are packed with nutrients and heart-healthy fats that can lower LDL, or "bad" cholesterol, a primary cause of heart disease. But watch portion size to avoid gaining weight.

Fat content in 3.5 oz. (100 g) of raw nuts

Macadamia	76 g
Pecans	72 g
Walnuts	65 g
Hazelnuts	61 g
Almonds	51 g

Source: U.S. Agriculture Department, Mayo Clinic, TNS Photo Service

Consumer Health: What is a sunburn?

By LAUREL KELLY
Mayo Clinic News Network

July is UV Safety Month, which makes this a good time to learn about sunburn and why it's important to avoid one by protecting your skin from the harmful effects of ultraviolet, or UV, radiation from sunlight.

Sunburn is inflamed, painful skin that feels hot to the touch. It's caused by too much exposure to UV light. That UV light may be from the sun or artificial sources, such as sunlamps and tanning beds. UVA is the wavelength of light that can penetrate to the deep layers of skin and lead to skin damage over time. UVB is the wavelength of light that penetrates the skin more superficially and causes sunburn.

UV light damages skin cells. The immune system reacts by increasing blood flow to the affected areas, which causes the inflamed skin known as sunburn.

Any exposed part of your body, including your earlobes, scalp and lips, can burn. Even covered areas can burn if, for example, your clothing has a loose weave that allows UV light through. Your eyes, which are extremely sensitive to the sun's UV light, also can burn. You can get sunburn on cool or cloudy days. Surfaces such as snow, sand and water also can reflect UV rays and burn skin.

Sunburn signs and symptoms usually appear within a few hours after sun exposure. But it may take a day or more to know how severe the sunburn is. If the damage is severe, medical attention may be required.

Intense, repeated UV light exposure that results in sunburn increases the risk of other skin damage, such as wrinkles and age spots. It also raises the risk of skin cancers such as melanoma. This slideshow includes images of several conditions caused by sun damage.

Here are four ways you can protect yourself from UV radiation damage:

■ Time of day: Avoid sun exposure in the middle of the day—between 10 a.m. and 4 p.m.—when the UV rays are strongest. In addition, be mindful that clouds offer little protection, and UV rays can bounce off surfaces such as water, sand, snow or pavement, leading to increased UV exposure.

■ Sunscreen: Use a broad-spectrum sunscreen with a sun protection factor, or SPF, of at least 30—even on cloudy days. Apply sunscreen generously, and reapply every two hours—or more often if you're swimming or perspiring. Use a generous amount of sunscreen on all exposed skin, including your lips, the tips of your ears, and the backs of your hands and neck. And if you're using leftover sunscreen from year to year, be sure to check the expiration date. Learn more about choosing the best sunscreen.

■ Sunglasses: UV radiation also can burn your eyes. Sunburned eyes can feel painful or gritty. Too much UV light can damage the retina, lens and cornea. Sun damage to the lens can lead to clouding of the lens, or cataracts. Exposure to UV light also can increase your risk of developing ocular melanoma. Sunburn of the cornea also is called snow blindness. Look for sunglasses that block both types of UV radiation—UVA and UVB rays. Learn more about choosing the best sunglasses.

■ Protective clothing: Sunscreens don't provide complete protection from UV rays. You also should protect your skin with dark, tightly woven clothing that covers your arms and legs, and a broad-brimmed hat that provides more protection than a baseball cap or visor. Some companies also sell photoprotective clothing, with a UV protection factor, or UPF, rating similar to the SPF rating of sunscreens. Learn more about UPF clothing.

Exercising and enjoying time outdoors are important for good health. This time of year means fun in the sun for many people. Knowing how to protect your skin will allow you to do so safely.

Life & Style

Scott Hoying of Pentatonix goes solo with seven-track debut

By JOHN RABY
ASSOCIATED PRESS

During a two-month break in the a cappella group Pentatonix 's world tour, baritone Scott Hoying became a newlywed. He also went out on his own, with his most personal music to date.

The 31-year-old Grammy winner sings from the heart about falling in love and losing his best four-legged friend in his seven-track solo debut "Parallel," which is out Friday.

Other members of Pentatonix have released solo albums before, and going at it alone is something Hoying has thought about for many years, but with much hesitation. Still, the process of finally doing it has been therapeutic. It's given Hoying an opportunity to fortify his creativity and build confidence.

"I have always been a little bit scared to be vulnerable and kind of put myself out there as a solo act," Hoying told The Associated Press. "And I feel like this timing is just so perfect because I'm entering this very beautiful era of my life, like producing and making music and being more motivated than ever. And then I'm in love ... and I've just had a lot of personal growth over the past couple of years.

"It's just like this really big new chapter that's starting. And it feels kismet and amazing."

The COVID-19 pandemic was an underlying reason for the project. Because Pentatonix couldn't record together due to social distancing, the five-member a cappella group laid down tracks separately, having learned how to use digital audio technology. Once Hoying became comfortable with the process, he was captivated by it. He constantly watched tutorials on YouTube and it led to a flurry of personal songwriting.

Hoying

The pandemic process "was super energizing and inspiring, and I ended up writing hundreds of songs," Hoying said.

Produced by Jon Levine, four of the seven songs are about love, including the title track "Parallel," which was released as a single in June.

"Parallel" is about Hoying's relationship with his husband, Mark, their shared qualities and being in sync with one another. It recalls a time when the couple was supposed to attend an event but ended up laying side by side on the floor of the kitchen talking long into the night. Hoying directed the song's video, filmed in Iceland after Pentatonix had performed the last show on its European Tour there in June.

Mark Hoying appears in the videos for "Parallel" and "Mars," a single released last September.

Scott Hoying also pays tribute to his dog that passed away in "Bubs." There's also "King Kong," about personal growth and finding confidence, and "Trust Fall," which "is about diving into the scary, unknown parts of life. It's only scary because we don't know what's to come, but exciting. More like a nervous butterfly," he said.

And just like that, Hoying will be back on tour with Pentatonix when it starts a North American leg of their tour in August.

The group has been together since 2011. It began with Hoying, tenor Mitch Grassi and mezzo-soprano Kirstin Maldonado as high school classmates in Arlington, Texas. They added bass Avi Kaplan and beatboxer Kevin Olusola prior to competing — and winning — on the television competition program, "The Sing-Off." Kaplan left Pentatonix in 2017 and was replaced that year by Matt Sallee.

The group's popularity is as strong as ever. Pentatonix sang the national anthem at college football's national championship game in January and was honored with a star on the Hollywood Walk of Fame in February.

"I think with any genre of music, if it's bringing emotion and bringing joy to people, it's going to stick around," Hoying said. "And so, I think that if we keep pushing the limits of a cappella, and if we keep doing interesting things that makes people feel, I think that we can do it for a long time."

Hoying and Grassi formed the group "Superfruit" several years ago for a comedy YouTube channel. The pair produced a couple of albums, including the popular upbeat song "GUY.EXE."

The Emmy Awards are postponed due to strike, source says

The 75th Emmy Awards are the latest production to be put on pause due to the Hollywood strikes and will not air as planned in September.

A person familiar with the postponement plans but not authorized to speak publicly pending an official announcement confirmed the delay Friday. No information about a new date was immediately available.

The Emmy Awards were scheduled to be broadcast on Fox on Sept. 18. Rules laid out by the actors' union, the Screen Actors Guild-American Federation of Television and Radio Artists, say stars cannot campaign for the Emmys or attend awards shows while on strike.

Writers are also not permitted to work on awards shows until the strike ends.

Whenever the next Emmy Awards are held, HBO will walk in as the leading contender. The network is up for 74 awards for three of its top shows: " Succession," "The White Lotus" and "The Last of Us."

"Ted Lasso" has the most comedy category nominations with 21, including best comedy series and best actor for Jason Sudeikis.

Roughly 65,000 SAG-AFTRA actors and 11,500 Writers Guild of America screenwriters are on strike, calling for better pay, structure with residual payments and protection from the use of artificial intelligence. ***(AP)***

Boots, dog tags Alan Alda wore on 'M-A-S-H' sell at auction for $125,000 that will go to charity

DALLAS (AP)—The combat boots and dog tags Alan Alda wore while playing the wisecracking surgeon Hawkeye on the beloved television series "M-A-S-H" sold at auction Friday for $125,000.

Alda held onto the boots and dog tags for more than 40 years after the show ended but decided to sell them through Heritage Auctions in Dallas to raise money for his center dedicated to helping scientists and doctors communicate better.

The buyer's name wasn't released.

Alda, 87, said he wore the boots and dog tags for the 11-season run of the show about a Korean War medical unit. His character, Benjamin Franklin "Hawkeye" Pierce, was a talented surgeon who helped ease the stress of working in a war zone with quips and practical jokes. The show's final episode, which aired in 1983 and was written and directed by Alda, was the most watched TV show

Opera for the public: Spain's Teatro Real opera house offers free broadcast to towns and cities

MADRID (AP)—On a night in the middle of July, tenors, sopranos and a choir delighted the crowd in Madrid's luxurious Teatro Real opera house with Giacomo Puccini's masterpiece, "Turandot."

After the curtain came down, the audience filed from their plush seats and left the theater's state-of-the-art air conditioning for the summer swelter outside—only to be met again by the voices of Calaf and Princess Turandot.

The performance they had just seen was being replayed on a giant television screen in the big square at the back of the theater.

Here, the spectators sat on hundreds of plastic chairs. Many wore shorts and sandals. Others, tourists included, sat on the low walls and benches in the square or leaned on the barriers and the nearby subway station's railings.

Some chewed on rolls of Spanish jam, others played cards. But most were absorbed with the show on the 9- by 5-meter (30- by 16-foot) screen.

The night was part of Teatro Real's "opera week," which for eight years has been providing a free broadcast of an opera in the theater to towns and cities across Spain.

More than 100 towns displayed the broadcast of the July 14 "Turandot" performance. All the towns need is a computer, a good Wi-Fi connection and somewhere to project the video.

During the week, the crowds outside the theater in Madrid also got to see other Teatro Real shows, including a ballet and flamenco act. The week cost the theater 107,000 euros ($118,000).

The chief aim is to spread interest in opera.

Opera "is popular music, it was always the total art where literature, music and dance met, (when) there was no television, there was no radio," said Spanish tenor Jorge de León, who played Calaf.

Parents make surprising choice following divorce

DEAR ABBY: I am 49 and have been divorced for 20 years. When we first separated, my ex moved in with my parents while I struggled to raise my four kids. He stayed there for seven years. He moved out until a year and a half ago. Again, my parents have allowed him back in!

While I understand that they shouldn't have had to cease contact because of the divorce, I don't feel it's right for him to be living there. This has caused an ongoing rift between my family and me because I have let them know that it hurts me.

My parents pretty much told me my feelings don't matter. I was homeless living in my car for a few weeks while it was bitter cold and snowing. But I'm not supposed to be upset that he's nice and warm, eating prepared meals, showering and using their vehicles for next to nothing? He has had a full-time job for 10 years.

I feel my parents are disrespectful, hurtful and rude toward me. What are your thoughts about what I should do or how to handle this?

PERTURBED IN PENNSYLVANIA

DEAR PERTURBED: My thought is that when you and your ex-husband divorced, your parents sided with him, and you have every right to your feelings. Being told that your feelings do not matter had to have been devastating. The way to handle this would be to stay as far from your parents as possible and figure out how to have a rewarding life on your own. Take that path—and spend as little time as possible looking backward because you really have no other choice. Success would be the best revenge.

■ ■ ■

DEAR ABBY: I'm 26, and I have never been in a long-term relationship. I have used dating apps and have dated several times, but nothing seems to stick after the third one. This year, I have put myself out there more by going to Meetup groups and to religious services.

When I browse Instagram or Facebook, I see content that makes me feel guilty and disappointed. It's depressing to see people I know getting engaged or married. When I was in high school, most of my classmates went to prom, while I stayed at home.

I'm beginning to wonder if I'll never find a good quality life partner or if I'm meant to be single forever. I'm afraid there may be something wrong with me. What can I do to move forward?

UNCOUPLED IN MINNESOTA

DEAR UNCOUPLED: You may be focusing too much on your goal and not enough on enjoying the experience. Dating is a sifting process. It can be tedious and depressing, and it doesn't always result in meeting Prince Charming. Because you haven't yet met The One doesn't mean the alternative is winding up in a convent. Move forward by teaching yourself to enjoy the present, and you may find you have better luck.

■ ■ ■

To receive a collection of Abby's most memorable – and most frequently requested – poems and essays, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby – Keepers Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

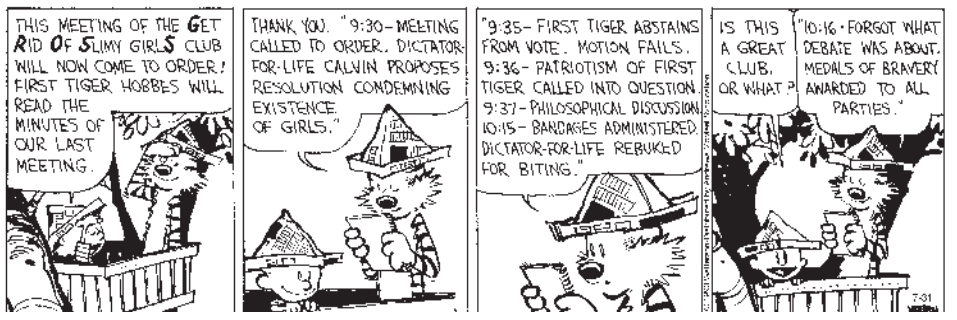
By Abigail Van Buren
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson

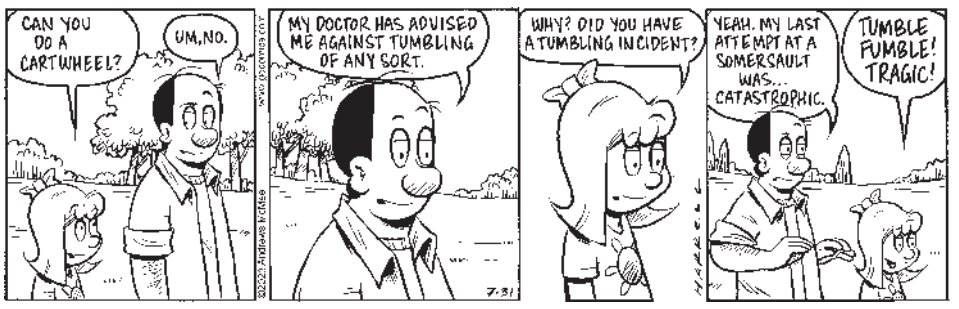

THIS MEETING OF THE GET RID OF SLIMY GIRLS CLUB WILL NOW COME TO ORDER! FIRST TIGER HOBBES WILL READ THE MINUTES OF OUR LAST MEETING.
THANK YOU. "9:30- MEETING CALLED TO ORDER. DICTATOR-FOR-LIFE CALVIN PROPOSES RESOLUTION CONDEMNING EXISTENCE OF GIRLS."
"9:35- FIRST TIGER ABSTAINS FROM VOTE. MOTION FAILS. 9:36- PATRIOTISM OF FIRST TIGER CALLED INTO QUESTION. 9:37- PHILOSOPHICAL DISCUSSION. 10:15- BANDAGES ADMINISTERED. DICTATOR-FOR-LIFE REBUKED FOR BITING."
IS THIS A GREAT CLUB, OR WHAT?
"10:16 - FORGOT WHAT DEBATE WAS ABOUT. MEDALS OF BRAVERY AWARDED TO ALL PARTIES."

Garfield®

By Jim Davis

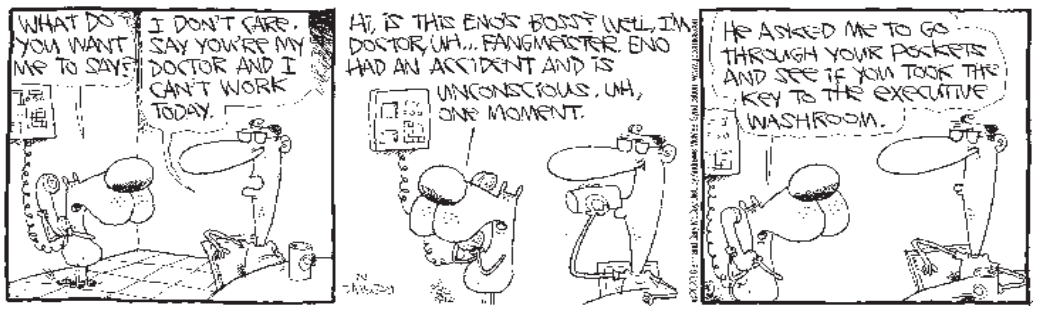
Adam@home

By Bryan Basset


CAN YOU DO A CARTWHEEL?
UM, NO.
MY DOCTOR HAS ADVISED ME AGAINST TUMBLING OF ANY SORT.
WHY? DID YOU HAVE A TUMBLING INCIDENT?
YEAH. MY LAST ATTEMPT AT A SOMERSAULT WAS... CATASTROPHIC.
TUMBLE FUMBLE! TRAGIC!

The Duplex

By Glenn McCoy


WHAT DO YOU WANT ME TO SAY?
I DON'T CARE. SAY YOU'RE MY DOCTOR AND I CAN'T WORK TODAY.
HI, IS THIS ENOS BOOST? WELL, I'M DOCTOR UH... FANGMEISTER. ENO HAD AN ACCIDENT AND IS UNCONSCIOUS. UH, ONE MOMENT.
HE ASKED ME TO GO THROUGH YOUR POCKETS AND SEE IF YOU TOOK THE KEY TO THE EXECUTIVE WASHROOM.

CROSSWORD

By Eugene Sheffer

ACROSS
1 "Uh-huh"
4 Ambulance letters
7 Scattered, as seed
11 Tag sale words
13 Wardrobe malfunction
14 Pakistan's language
15 Alphabetic sequence
16 Egypt's cont.
17 Lion's share
18 Small measures
20 Mattress option
22 PC alternative
24 "Faust" dramatist
28 Cajole
32 Frog's sound
33 German mister
34 Wapiti
36 Party cheese
37 Solemn promises
39 Fun house array
41 Dined at a diner
43 GPS suggestion
44 Taxi alternative
46 Musical transition
50 Shark thriller
53 Profit
55 Tubular pasta
56 Lip balm ingredient
57 Kimono sash
58 Actor Richard
59 Proscribes
60 Campaigned
61 "— Hate Me" (Spike Lee film)

DOWN
1 Play area
2 Cold War initials
3 Pocket bread
4 Historic time
5 Offend
6 Parsley piece
7 Seals & Crofts hit song
8 Granada gold
9 Dict. entries
10 Almond, e.g.
12 Seasonal getaways
19 Blue
21 Sinbad's bird
23 Browns, on scoreboards
25 Lawn mower brand
26 It grows on you
27 Squeezes (out)
28 Horse's halter?
29 Miami team
30 Deco artist
31 Shade provider
35 White wine cocktail
38 Deli creation
40 ACLU issues
42 Choir member
45 Country great McEntire
47 Musician's jobs
48 Hexagonal state
49 Bonn article
50 Poke
51 Mode lead-in
52 Triumphed
54 Stannum

Solution time: 21 mins.

P	L	A	Y		S	O	B		R	S	V	P
R	O	K	U		C	A	H		E	C	O	L
E	R	I	C		O	R	A		N	O	N	E
P	I	N	C	E	R		G	R	O	U	N	D
			A	L	S			A	I	T		
B	O	S	S		E	N	S	H	R	I	N	E
A	R	C			S	F	C			N	A	M
T	O	O	D	L	E	O	O		A	G	E	S
		W	E	B			T	R	I			
T	A	L	L	O	W		T	E	R	R	O	R
A	L	I	T		A	R	I		B	C	L	O
I	I	N	A		N	E	E		A	L	D	A
S	A	G	S		D	O	S		C	L	E	N

Last Friday's Answer

1	2	3	■	■	4	5	6	■	7	8	9	10
11			12	■	13			■	14			
15				■	16			■	17			
18				19	■	20		21		■	■	■
■	■	■	22		23	■	24			25	26	27
28	29	30				31	■	32				
33				■	34		35	■	36			
37				38	■	39		40				
41					42	■	43			■	■	■
■	■	■	44			45	■	46		47	48	49
50	51	52		■	53		54	■	55			
56				■	57			■	58			
59				■	60			■	■	61		

STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Rico Rodriguez, 25; B.J. Novak, 44; Zac Brown, 45; J.K. Rowling, 58.

Happy Birthday: Don't overestimate or underestimate what you can accomplish. Aim to finish what you start this year. Changing how you work or schedule your daily routine will make a difference. Discipline and focus are vital to surpassing your expectations. When opportunity knocks, open the door and let it change your life. Be the master of your destiny, not the victim of someone's control. Your numbers are 7, 12, 22, 27, 30, 37, 43.

ARIES *(March 21-April 19):* Socializing will help you gain valuable information and determine how to proceed. Refuse to let a situation that can influence your status or position turn into an emotional frenzy. Use your skills and attributes to build solid connections with innovative collaborators. ✪✪

TAURUS *(April 20-May 20):* Refuse to let anyone distract you from reaching your goal. Build momentum, and don't stop until you are satisfied with the results. Embrace challenges and turn any negative encounter into a positive experience. You'll impress someone who can help you progress. ✪✪✪✪

GEMINI *(May 21-June 20):* Look for answers, be resourceful and don't rely on someone who exaggerates or tells you something to benefit themselves instead of you. Make your home more functional, and equip yourself to use your skills and knowledge to outperform anyone who tries to interfere. ✪✪✪

CANCER *(June 21-July 22):* Reach out and see who replies. Reliable connections will motivate you to improve your lifestyle. A serious discussion will provide enough information to turn something you have to offer into a commercial endeavor. Don't sit still; take advantage of what's available. ✪✪✪

LEO *(July 23-Aug. 22):* Adjust to what's happening and recognize what's best for you. Taking the most suitable route will put you in an advantageous position. Pay attention to detail, and channel your energy toward your target. Personal growth will pay high dividends. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Look at the big picture and set a course that encourages making positive change, gaining information, and a mixture of old and new that complements who you are and what you want to achieve. Step into the spotlight. ✪✪✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Sift through the possibilities and adjust your living arrangements positively to offset your expenses. Use your charm and intelligence to gain support and create new opportunities that offer the freedom to do as you please. Protect against health or financial risks. ✪✪

SCORPIO *(Oct. 23-Nov. 21):* Share your enthusiasm; contributions will spark your imagination and encourage you to expand your awareness and plans regarding the balance between home and work. Finding the sweet spot that taps into your mindset will lead to opportunity and happiness. Follow through. ✪✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* You'll face opposition and receive conflicting information. Do your due diligence before you agree to something you regret. Look inward, consider your needs and make improvements that boost your confidence and bank account. Avoid situations that can lead to insult or injury. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* You can wiggle your way into anything you put your mind to and persuade others to follow suit. Your magnetism will carry you to the finish line, where you can enjoy the rewards of doing the right thing at the right time. ✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Tone things down to accomplish your goals. Taking on too much or overreacting to what's happening will leave you vulnerable. Change what's necessary, regardless of what others do or say. Pay more attention to how you look and feel. ✪✪✪

PISCES *(Feb. 19-March 20):* A minimalist approach to life, relationships and how you proceed will decide the results. If you market your skills using innovative ideas, you'll receive favorable input. ✪✪✪✪

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

7					1	3		
9		1	6		4			7
2		4	8		3			9
			7	4		8	3	
8		7			2	4		6
4	1	3				7		
1	8	2	9	3			6	
	4					9	7	
		9			6			3

Difficulty: ★ 7/31

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

4	6	9	1	5	7	8	2	3
5	7	3	6	2	8	9	4	1
2	1	8	4	9	3	6	5	7
9	5	1	8	7	2	3	6	4
3	2	6	5	1	4	7	8	9
7	8	4	3	6	9	2	1	5
8	3	2	9	4	1	5	7	6
6	4	7	2	3	5	1	9	8
1	9	5	7	8	6	4	3	2

Difficulty: ★★★★ 7/31

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WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

PLUMED HATS **Solution: 5 letters**

D	E	C	O	R	A	T	I	V	E	L	K	C	A	H
I	E	E	C	N	A	S	S	I	A	N	E	R	O	I
S	T	T	E	M	L	E	H	Ⓟ	Ⓛ	Ⓤ	Ⓜ	Ⓔ	S	S
P	S	N	A	I	R	O	T	C	I	V	O	O	T	T
L	E	T	V	I	N	T	A	G	E	B	L	I	R	O
A	R	N	T	K	L	Y	T	U	D	A	D	H	I	R
Y	C	E	A	N	D	U	P	H	E	Z	I	S	C	I
Y	R	M	S	O	F	E	L	I	G	R	E	A	H	C
R	E	A	S	T	M	A	E	R	R	I	R	F	U	S
A	A	N	E	U	V	L	B	L	E	A	N	S	S	R
T	T	R	L	E	K	G	E	R	O	H	T	K	E	E
I	I	O	I	C	R	O	W	N	I	O	T	E	V	W
L	V	D	U	N	I	Q	U	E	M	C	W	A	A	O
I	E	B	O	N	N	E	T	N	A	G	E	L	E	L
M	I	L	L	I	N	E	R	Y	Y	F	F	U	L	F

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Bonnet, Buckle, Creative, Crest, Crown, Custom, Decorative, Detail, Display, Duty, Elegant, Fabric, Fashion, Feather, Flowers, Fluffy, Hackle, Hair, Helmet, Historic, Knight, Knot, Leaves, Medieval, Military, Millinery, Ornament, Ostrich, Pirate, Renaissance, Shop, Size, Soldier, Tassel, Tuft, Unique, Victorian, Vintage, Volume, Wool

Last Saturday's Answer: Fitness

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480. (In Canada, call 1-855-232-2367)

Judge homers in 2nd game back to help the Yankees beat Orioles

BALTIMORE (AP)—Aaron Judge homered and singled twice in his second game back from the injured list and the New York Yankees beat the Baltimore Orioles 8-3 on Saturday night.

Giancarlo Stanton and Kyle Higashioka went deep as well for the Yankees, who knocked out struggling Orioles starter Tyler Wells (7-6) in the third inning. In the sixth, Isiah Kiner-Falefa capped a 10-pitch at-bat with a three-run double to make it 8-3.

Judge has three walks and three hits in nine plate appearances since returning Friday from the toe injury that kept him out since early June.

Ryan Mountcastle homered for the Orioles, but Clarke Schmidt (7-6) made it through five tough innings and the New York bullpen took it from there.

The Orioles remained 1 1/2 games ahead of Tampa Bay atop the AL East. The Yankees are 3 1/2 behind Toronto and Houston for the final two wild cards in the American League.

Judge walked three times Friday night, but the Yankees lost that game 1-0 on a ninth-inning homer by Baltimore's Anthony Santander. New York's offense was relentless a night later.

PADRES 4, RANGERS 0

SAN DIEGO (AP)—Slumping Texas agreed to acquire three-time Cy Young Award winner Max Scherzer during a loss to Yu Darvish and San Diego, its sixth loss in eight games, cutting its AL West lead to one game over Houston.

The blockbuster trade with the New York Mets came as Rangers ace Nathan Eovaldi had his next start pushed back again and manager Bruce Bochy spoke of the need for the rotation to improve. Then Martín Pérez gave up four runs in the second inning, when the 32-year-old lefthander allowed five straight baserunners and two runs before getting his first out.

BRAVES 11, BREWERS 5

ATLANTA (AP)—Ronald Acuña hit his 24th home run and stole his 50th base and Atlanta used a six-run first inning to beat Milwaukee.

Bryce Elder (8-2) shut down the Brewers after being staked to the big lead. He allowed one run and four hits while striking out three in seven innings.

Taylor Hearn allowed four runs in the eighth for the Braves before Michael Tonkin closed out the game with a scoreless ninth.

BLUE JAYS 6, ANGELS 1

TORONTO (AP)—Alejandro Kirk hit two home runs, Santiago Espinal added a two-run homer and Toronto beat Los Angeles.

Kirk hit a leadoff homer against former Blue Jays left-hander Aaron Loup in the seventh inning, then hit a two-run shot off right-hander Jaime Barria in the eighth. It was Kirk's first multihomer game of the season and the fourth of his career.

Toronto won for the 14th time in 20 games and moved a season-best 13 games above .500 at 59-46. The Angels lost their second straight.

Shohei Ohtani started for the Angels after leaving Friday in the ninth because of cramps in both legs. Ohtani was hit on the left foot by a pitch in the first inning, doubled in the third, and was intentionally walked in both the fifth and sixth.

GIANTS 3, RED SOX 2

SAN FRANCISCO (AP)—J.D. Davis homered on the first pitch from Kenley Jansen in the ninth inning to lift San Francisco past Boston.

After the Red Sox tied it in the top of the ninth on Justin Turner's two-run single against All-Star closer Camilo Doval that deflected off diving second baseman Casey Schmitt's glove and rolled into center field, Davis came through for San Francisco with his second game-ending hit of the season.

Jansen dropped to 2-5 with the blown save.

ASTROS 17, RAYS 4

HOUSTON (AP)—Jeremy Peña had a career-high four RBIs, Yainer Díaz and José Abreu added three apiece and Houston touted Tampa Bay with its highest-scoring game of the season.

Díaz put Houston up early with a two-run shot in the second. Peña, who had two hits, made it 5-0 with a bases-loaded double in the fourth. Chas McCormick hit a two-run triple in Houston's three-run fifth and Abreu made it 11-0 with his 10th homer of the season in the sixth.

Hunter Brown (7-7) allowed four hits and two runs in six-plus innings for his first win since June 13. Taj Bradley (5-7) took the loss.

Isaac Paredes hit a two-run homer in the seventh and a solo shot in the ninth and Wander Franco added a home run in the eighth for the Rays.

DODGERS 3, REDS 2

LOS ANGELES (AP)—Max Muncy hit a pair of two-out homers, including a go-ahead shot in the sixth inning, and Los Angeles rallied to beat Cincinnati,

Muncy had the Dodgers' only two hits. The rest of the lineup went 0 for 25.

Both of Muncy's homers came off Luke Weaver (2-3). Muncy gave the Dodgers a 2-0 lead in the first with a 400-foot shot to right. In the sixth, he snapped a 2-all tie with a 371-foot shot into the lower right-field seats.

The Reds had the potential tying run at second in the eighth. Matt McLain singled off reliever Brusdar Graterol and took second on pinch hitter Kevin Newman's groundout. After Graterol struck out Spencer Steer,

Joe Kelly (2-5) got the victory in his Dodgers debut after being acquired from the Chicago White Sox a day earlier. Evan Phillips got the final four outs for his 13th save.

WHITE SOX 7, GUARDIANS 2

CHICAGO (AP)—Tim Anderson homered for the first time in more than a year on a three-hit night, Mike Clevinger tossed five shutout innings in his return from the injured list and Chicago beat Cleveland.

Andrew Vaughn hit a two-run homer and Yoán Moncada had two RBIs to help the White Sox beat Cleveland for the second straight night following a six-game losing streak. Luis Robert Jr. and Eloy Jiménez drove in runs with singles in the seventh inning.

Clevinger (4-4) allowed just two singles, walked none and struck out three against his original team after missing six weeks with right biceps inflammation. The right-hander had last pitched on June 14 against the Dodgers in Los Angeles, and left after 72 pitches in this one.

AP

New York Yankees' Aaron Judge follows through on a swing as he hits a two-run home run off Baltimore Orioles starting pitcher Tyler Wells during the third inning of a baseball game, Saturday, July 29, 2023, in Baltimore.

DIAMONDBACKS 4, MARINERS 3

PHOENIX (AP)—Corbin Carroll started an eighth-inning rally with some distracting base running, Dominic Canzone brought his fellow rookie home with a single for the go-ahead run and Arizona beat Seattle.

Carroll—the speedy All-Star—started the eighth inning with a walk off reliever Andrés Muñoz. He then advanced to second on a balk by Muñoz (2-4) and stole third against the flat-footed infield a few pitches later. Seattle pulled its infield in with one out before Canzone delivered a chopper that bounced through.

Carroll has 32 stolen bases and 21 homers this season, consistently causing problems for opposing teams with his power-speed combo. It was a much-needed win for the D-backs, who are still just 7-15 in July.

Seattle had a great chance to score in the ninth after a one-out triple by Cade Marlowe, but José Caballero whiffed for the second out. J.P. Crawford then walked before Scott McGough struck out All-Star Julio Rodríguez to end the game.

Kevin Ginkel (4-0) was the winner.

NATIONALS 11, METS 6

NEW YORK (AP)—New York, shortly after agreeing to trade three-time Cy Young Award winner Max Scherzer, lost to Washington.

The deal, which a person with knowledge of the details said would send Scherzer to the AL West-leading Texas Rangers, was reported in the first inning, which ended with Washington leading 4-0 after an announced crowd of 30,858 sat through an 80-minute rain delay before the first pitch.

Riley Adams hit a two-run double in the third inning and added another RBI double in the ninth for the Nationals. Patrick Corbin (7-11) was the winner.

Mark Vientos, Tommy Pham, Francisco Lindor and Francisco Álvarez homered for New York. Carlos Carrasco (3-5) took the loss.

TIGERS 5, MARLINS 0

MIAMI (AP)—Akil Badoo and Riley Greene homered and five pitchers combined on a seven-hitter in Detroit's victory over Miami.

Tigers slugger Miguel Cabrera doubled and singled in four at-bats and continued to receive cheers in his final visiting series against the club he began his 20-year career with. The game, promoted as Venezuelan Heritage Day in honor of Cabrera, attracted a crowd of 32,936—the Marlins' largest home crowd since April 2017.

Joey Wentz (2-9) pitched 4 2/3 innings in relief for the victory.

Miami's Luis Arraez went 2 for 4 to increase his major league-leading batting average to .381. Johnny Cueto (0-2) was the loser.

ATHLETICS 11, ROCKIES 3

DENVER (AP)—Zack Gelof and Brent Rooker each homered in a five-run second inning and major league-worst Oakland handed Colorado its fourth straight loss and fifth in six games.

Rooker finished with three RBIs, two from his 17th home run of the season. Ramón Laureano's two-run double highlighted Oakland's four-run sixth inning and Seth Brown had three hits and a pair of RBIs as the A's ended the night one run shy of their season high.

Randal Grichuk had three hits for the Rockies, including a solo homer in the bottom of the eighth inning off Tayler Scott.

Paul Blackburn (2-2) allowed two runs and nine hits in a 106-pitch, six-inning outing for Oakland. He struck out seven and walked none. Chris Flexen (0-5) went 3 2/3 innings and gave up six runs on four hits.

PIRATES 7, PHILLIES 6

PITTSBURGH (AP)—Endy Rodriguez hit a go-ahead, bases-loaded triple and drove in four runs, fellow rookie Liover Peguero had a home run among his three hits and Pittsburgh beat Philadelphia.

Rodriguez's triple sparked a four-run fifth inning against Aaron Nola (9-7) that put the Pirates in front 7-4. Phillies center fielder Brandon Marsh was unable to make a play on the sinking liner and Rodriguez then scored on Alika Williams' single, which was his first career hit.

Peguero hit a leadoff home run in the third, his second, to open the scoring.

Yet another rookie, Quinn Priester (2-1), won his second straight start despite allowing five runs and six walks in five innings. Closer David Bednar entered the game in the eighth inning with the Pirates leading 7-5 and gave up a run-scoring single to rookie Johan Rojas. However, he got J.T. Realmuto to hit into a game-ending double play with runners on first and third for his 21st save.

CUBS 5, CARDINALS 1

ST. LOUIS (AP)—Yan Gomes and Ian Happ homered and Chicago beat St. Louis for its eighth straight victory.

Jameson Taillon (5-6) allowed a run on two hits and four walks and struck out four in seven innings.

ROYALS 10, TWINS 7

KANSAS CITY, Mo. (AP)—Bobby Witt Jr. went 4 for 5 with three RBIs, a home run and a triple and Kyle Isbel also was 4 for 5 to help Kansas City beat Minnesota.

Witt hit a solo homer in his first at-bat of the game, a night after hitting a walk-off grand slam and finishing with a career-high six RBIs. He leads the Royals with 60 RBIs and 18 homers.

Jordan Lyles (2-12) tossed five innings and allowed three runs on four hits with four strikeouts, two walks and a hit batter. Scott Barlow finished for his 13th save. Bailey Ober (6-5) was the loser.

Some of soccer's biggest stars are struggling to make an impact

SYDNEY (AP)—Some of the biggest names in soccer have yet to show up at the Women's World Cup.

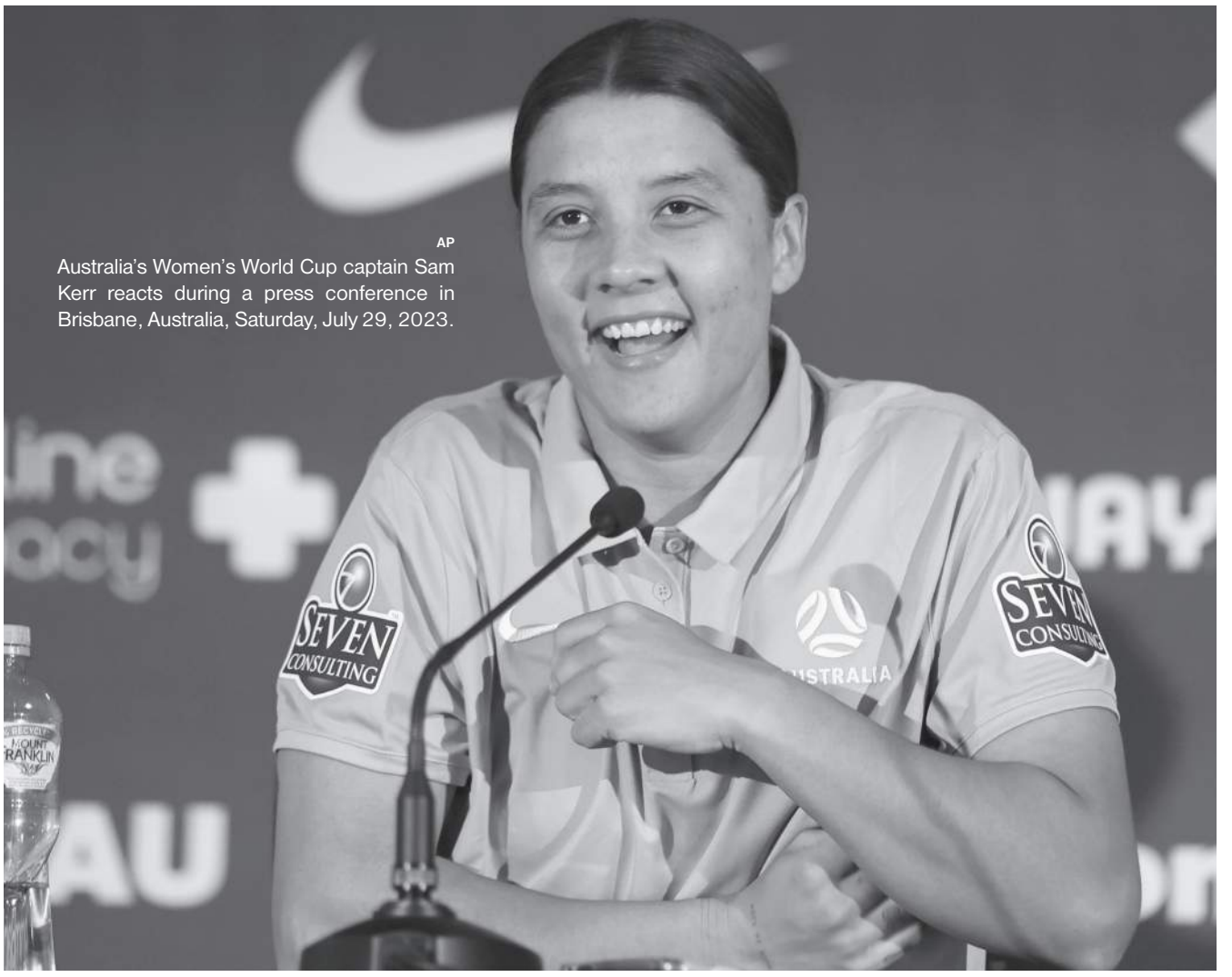
That's literally been the case of Australian star Sam Kerr, who missed the first two games with a calf injury.

Kerr has recovered in time to play for Australia in a crucial final Group B game against Canada on Monday. The Matildas need to beat the Canadians to ensure they advance to the knockout round, and the Chelsea striker's return to the lineup brings needed energy to the team.

"Mentally, it's massive. It brings so much to our team and obviously also a lot to the opposition knowing that we have Sam available for this game," Australia defender Ellie Carpenter said.

Kerr's injury on the eve of Australia's opening game against Ireland set the tone for a tournament that hasn't been kind to some of its biggest stars. She was the face of co-host Australia's preparations for the tournament, which is also being staged in New Zealand.

She dominated the covers of magazines across newsstands, while the autobiography she released late last year chronicled her rise to become arguably the best player in the women's game right now. Kerr's popularity transcends women's soccer and she is considered a national icon.



AP
Australia's Women's World Cup captain Sam Kerr reacts during a press conference in Brisbane, Australia, Saturday, July 29, 2023.

So the disappointment was palpable when news broke about an hour before the opening match that Kerr was going to be sidelined at least two games in this tournament.

Kerr's absence was felt in the 3-2 loss to Nigeria in Australia's second game, a loss that put the Matildas in danger of elimination. It is not known what her role will be against Canada, but Australia needs Kerr to deliver in the final game of group play.

"I'm definitely going to be available, but how we decide to use that is not to be given to the opposition," said Kerr.

The World Cup is supposed to be a showcase for the finest talent and biggest names, but injuries have always robbed the tournament of some its star players.

Norway forward Ada Hegerberg has had her playing time curtailed. Often referred to as "the Lionel Messi of women's soccer," Hederberg was part of a Norway's 1-0 upset loss to New Zealand in the opening game of the World Cup.

It got worse for the 2018 Ballon d'Or winner when she suffered a groin injury in the warm-up ahead of Norway's game against Switzerland, and she's been ruled out of the final Group A game against the Philippines.

Keira Walsh of England suffered a knee injury against Denmark that will sidenline her for the Lionesses' final Group D game against China. Described as irreplaceable, it is not known how much she will be able to play.

Even for some stars who have seen plenty of playing time, it has been difficult to make an impact.

American icon Alex Morgan has underwhelmed so far at her fourth World Cup, where she is hoping to help the United States to an unprecedented third consecutive title.

Morgan, the co-leading scorer at the last World Cup, has yet to score at this year's event and missed a penalty in the 3-0 win against Vietnam. U.S. coach Vlatko Andonovski said Morgan was adapting to playing in a forward line with Sophia Smith and Trinity Rodman.

"I think it's not hard to realize that Alex's role is slightly different than the Alex that we're used to maybe in the past," Andonovski said. "She does set up the other two forwards a lot more. It's not that she's not capable of scoring goals or getting behind crosses, but we can also see her playing balls to Trinity and Soph, but also getting crosses for them as well."

Morgan, at 34, is now one of the older players at the tournament.

Christine Sinclair of Canada is also searching for first goal of the tournament. Sinclair is highest scorer in international soccer — men or women — with 190 goals.

Like Morgan, she also missed a penalty, in a 0-0 draw with Nigeria that could still prove costly. She was benched for Canada's second game against Ireland before coming in as a substitute at halftime as the gold medalist from the Tokyo Olympics logged a come-from-behind 2-1 win.

At 40 years old, Sinclair is having to accept a more limited role for Canada.

Brazil great Marta, at 37, has also been used sparingly in her sixth World Cup.

Her teammate, Debinha, who is also an iconic figure to Brazil fans, has been one of the standout players for her country so far. But she wasn't able to stop a 2-1 loss to France on Saturday despite scoring in that match.

The gap appears to be closing in the women's game, with underdogs proving more of a test for the more established nations. That's one reason some of the big name stars have yet to impress in tournament.

One of the few standouts who has not disappointed so far has been Alexandra Popp, who scored twice in Germany's 6-0 rout of Morocco.

Major tournaments are traditionally a mix of rising talents coming to the surface, while established stars have the chance to confirm their status among the greats.

Linda Caicedo of Colombia, Lauren James of England and Melchie Dumornay of Haiti have proven their worth as some of the brightest prospects in the game. But as the second round of games nears its completion, it feels like the tournament is still waiting for many of its big hitters to make an impact.

Bronny James discharged from hospital as LeBron sends thanks

LOS ANGELES (AP)—Bronny James has been discharged from Cedars-Sinai Medical Center and is resting at home, three days after the 18-year-old son of LeBron James went into cardiac arrest.

Dr. Merije Chukumerije, a consulting cardiologist for Bronny James, said in a statement issued by the hospital Thursday that James was "successfully treated for a sudden cardiac arrest." Chukumerije gave credit to "the swift and effective response by the USC athletics' medical staff" after the incident Monday at the University of Southern California's Galen Center, where the incoming freshman guard was participating in basketball practice.

"He arrived at Cedars-Sinai Medical Center fully conscious, neurologically intact and stable," Chukumerije said. "Mr. James was cared for promptly by highly-trained staff and has been discharged home, where he is resting. Although his workup will be ongoing, we are hopeful for his continued progress and are encouraged by his response, resilience, and his family and community support."

Earlier Thursday, LeBron James said his family is "safe and healthy" in a message of thanks posted on social media. The words were the Los Angeles Lakers superstar's first public comments since Bronny James was hospitalized Monday morning.

"I want to thank the countless people sending my family love and prayers," LeBron James wrote. "We feel you and I'm so grateful. Everyone doing great. We have our family together, safe and healthy, and we feel your love. Will have more to say when we're ready but I wanted to tell everyone how much your support has meant to all of us!"

The top scorer in NBA history concluded his message with the hashtag "JamesGang," his nickname for the tightknit family unit built around their three children by James and his wife, Savannah.

Bronny James spent only a brief time in intensive care, and he is healthy enough to be discharged only three days after the event. Both are positive signs for his long-term recovery, but he still is expected to undergo extensive testing to investigate the cause of his cardiac arrest, as is typical in this situation.

Bronny James has built a promising basketball career for himself in his father's considerable shadow. The 6-foot-3 teenager became a top recruit as a two-way point guard for Sierra Canyon School in suburban Chatsworth.

He decided in May to attend USC, which is expected to have one of the most intriguing teams in the nation. The Trojans were holding summer practices in preparation for a 10-day tour in Europe next month.

With his family fame and huge social media following, Bronny James has the top name, image and likeness valuation in sports at $6.3 million, as estimated by On3.com.

Bronny James was the second high-profile USC basketball recruit to go into cardiac arrest in the last year. Vincent Iwuchuwku also was stricken during a workout last July, but the 7-foot-1 center returned to the court six months later, eventually appearing in 14 games for the Trojans as a freshman.

It's too soon to know how Bronny James' hoops career could be affected by this health setback. Dr. Sameer Amin, a cardiologist and the chief medical officer at L.A. Care Health Plan, told The Associated Press that the teenager's move out of intensive care this week was encouraging.

"It's a really positive sign that they didn't sustain too much brain damage or any brain damage, or any major heart damage in the setting of their heart stopping," said Amin, who is not treating Bronny James. "Usually we see that when somebody's heart gets restarted very quickly after it stops. Also, in young people, you tend to get these bounce-backs a lot faster. It's a really positive outcome that he's already out of the ICU."

Amin said it's too soon to speculate on whether Bronny James can return to basketball, or how quickly it could happen.

"If (the cardiac event) is happening because of a unusual blow to the chest like in the Damar Hamlin case, oftentimes those people can have a positive outcome because it's a rare and unusual event that led to the heart stopping," Amin said. "In those where there's an underlying genetic problem or an underlying electrical issue, it can be a little bit more tricky to get somebody back on the playing field."

NMI, Guam showcase rivalry, partnership at Marianas Football Cup

As 32 countries are putting on a show in the ongoing Women's World Cup, the Northern Mariana Islands and Guam will also have their own showcase event with the staging of the Marianas Football Cup 2023 on Aug. 3 and 5 at the NMI Soccer Training Center in Koblerville.

This marks the return of the Marianas Football Cup, which Saipan last hosted in 2018. The NMI and Guam's U23 men's and U23 women's teams will play two matches for the rights to hoist the coveted Marianas Football Cup trophy. Game time for the Aug. 3 playdate is at 5:30pm for the U23 women's division, while the U23 men's tiff will kick off at 8:30pm. For the Aug. 5 matches, the NMI and Guam's U23 men's teams will be at the NMIST pitch first for the 5:00pm match, while the U23 women's division game is scheduled for 8:30pm.

Joining Guam's delegation for this year's Marianas Football Cup is Guam Football Association president Valentino San Gil, who underscores the importance of holding this signature event.

"The continued staging of the Marianas Football Cup not only emboldens the football rivalry between teams from Guam and the Northern Mariana Islands, but also the foundation of our soccer culture and history," the GFA president said.

"The island derby may be the soccer showcase for the region on the pitch, but its development and the increased competitiveness of the teams are based largely on mutually beneficial collaboration between Guam Football Association and the Northern Mariana Islands Football Association in key areas off the pitch, including coaching, player and game development, infrastructure, governance, strategic planning, and marketing, to name a few. "I look forward to the upcoming matches and also the increased development of the sport in the region as we continue to set higher standards and goals in international football," San Gil added.

The inaugural Marianas Football Cup was held in 2007 with the event established to develop a platform for the NMI and Guam players to regularly engage in competitive soccer matches and create a trademark tournament that the two islands could claim as their own.

Though the first Marianas Football Cup was held in 2007, NMIFA president Jerry Tan acknowledged that the GFA has been their partner in NMI soccer development since Day 1 in 2005 when the NMIFA was formally organized.

"The partnership continues to grow and we take every opportunity for our teams to compete against each other, like in this Marianas Football Cup, to see the development of each squad and how our different programs are helping us realize our goals for NMI and Guam soccer," Tan said.

"We welcome the Guam delegation to this year's Marianas Football Cup and we encourage our community to come down at the NMISTC to watch exciting soccer games and cheer on our home team and extend our warm hospitality to our visitors," the NMIFA president added.

Meanwhile, the Marianas Football Cup 2023 is supported by Crowne Plaza Resort Saipan, USA Fanter, Triple J, IT&E, Quality Distributors, GPPC, Tan Siu Lin Foundation, D&Q, TakeCare Insurance, and Island Apparel.

"We would like to thank our generous sponsors, as their support has allowed us to bring back the Marianas Football Club after a three-year absence. The Marianas Football Cup 2023 is the first major soccer tournament to be hosted on Saipan since the pandemic and we look forward to our community coming down together at the NMISTC to support the participating teams and watch NMI and Guam renew their rivalry on the pitch," NMIFA executive director Russelle Zapanta said. ***(PR)***

CONTRIBUTED PHOTOS

The NMI's Dai Podziewski (16) and Guinevere Borja (2) are seen here playing during the Marianas Football Cup 2018 at the NMI Soccer Training Center. After a three-year absence due to the pandemic, the Marianas Football Cup is back with Guam and the NMI's U23 men's and U23 women's teams squaring off on Aug. 3 and 5 at the NMISTC in Koblerville.

ISAIAH

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Shoko Litulumar.

"In the relay, only the first swimmer's time can be counted as an official time. Isaiah swam in the relay as the first swimmer. So, his time is recognized as an official time," he said.

Aleksenko said he could've done better in the 100m freestyle.

"I'm happy with my time and that I beat the record but I felt like I could've done a bit better and cut 54," he said, while dedicating the latest feather in his cap to "God, my mom, my family, my coach, and my teammates."

Earlier, Aleksenko reset the national and 17-18 50m backstroke record after registering a time of 26.94, which was also good for a FINA score of 748.

Juhn Tenorio was the previous record-holder when he registered a time of 28.18 in June 2022.

Kimura congratulated Aleksenko and his mother, Yulia, for again breaking a couple of long-standing CNMI records.

"I think this is the fruit of his and his mother's longtime efforts. Proud is such a lukewarm expression. No words can describe this result. Keeping practice in a country without a competition pool, this result is by no means a trivial effort. Heartfelt congratulations to Isaiah and his mom!" he said.

The Tsunami Saipan Swimming Center head coach also agreed with Aleksenko that he could've swam better as his 100m freestyle time was 0.68 short of their goal in Fukuoka.

"Our target was to cut FIBA B time. It's an official qualifying time by World Aquatics, but we didn't reach it unfortunately."

Batallones, meanwhile, obliterated the old national and 15-16 standard in the 50m breaststroke after swimming it in 35.96.

The national record and age group record used to be held by Nina Mosley who swam it in 36.81 in June 2006.

"I think I did pretty good. It was my first time swimming it and I think my time wasn't that bad. I placed third in my heat so for me that is something. With more training I'm sure I'll improve and do even better in future competitions," the 15-year-old Marianas High School said.

Prior to her record-breaking swim in the 50m breaststroke, Batallones also swam the 50m butterfly and completed it in 33.49, good for 388 FINA points.

"This competition, Maria's mission was to break the 50m breastroke CNMI national record. Though she did her best at every event, our priority wss the breastroke. It never changes. The 50m butterfly is like warming up for the 50m breaststroke. Our target time was 32 seconds. Unfortunately we could not make it but it's alright," said Kimura.

Before Saturday was through, another record was set by Team NMI when Aleksenko, Deleon Guerrero, Batallones, and Litulumar swam a new record in the 100m x 4 freestyle relay after submitting a time of 4:05.62. That demolished the old mark of 4:12.95 swam by Batallones herself, Juhn Tenorio, Taiyu Akimaru, and Jinie Thompson in the 2022 FINA World Championships in Budapest, Hungary.

Aside from Kimura and the swimmers, assistant coach Christian Villacrusis and Northern Mariana Islands Swimming Federation vice president John Hirsh comprised the rest of Team NMI in Fukuoka, Japan.

The NMISF would also like to thank the following for helping the swimmers and coaches fund their trip to Japan: The CNMI Legislature, specifically Speaker Edmund S. Villagonez (Ind-Saipan) and Reps. Blas Jonathan T. Attao (Ind-Saipan), Joseph A. Flores (Ind-Saipan), and Ralph N. Yumul, Saipan Mayor Ramon B. Camacho, Aqua Resort Club, BAB Restaurant, Crowne Plaza Resort Saipan, Dae Jang Kum Restaurant, Fishing Tackle & Sporting Goods, Gold's Gym Saipan, Islander Rent-a-Car, Korean House Restaurant, Lohas Massage, Mobil Oil Marianas,Pacific Islands Club Saipan, Pacific Quick Print, Shell Marianas Corp., Saipan World Resort,

Zen Corp., Zoom Chicken, Saipan Swim Club parents, Tsunami Saipan parents, and all who supported NMISF's fundraising activities.

CAROL

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with Lee and swept Packbier and Michelle Pang, 6-0, 6-0.

Prior to their Pool A finals against Pakistan, Lee told *Saipan Tribune* that all the pieces seem to be falling right into place for Pacific Oceania in their participation in the 2023 Billie Jean King Cup.

"We have been going strong in our pool. So far we have won all of our matches except for one doubles against Chinese-Taipei. We are supporting one another and our team effort has been leading us to many victories," she said.

Lee also said Violet has been a terrific teammate in Malaysia as "it's been fun playing with her in doubles. She is a solid player."

She also thanked Pacific Oceania captain William O'Connell of Fiji for deftly steering the team to victory after victory in this year's Billie Jean King Cup.

"I am learning a lot from as he is a great team captain. He knows how to coach me during the match during the changeovers and he is open-minded with us. He seeks any situations positively, communicates with us effectively and he understands things quickly and is able to adapt. We have strong trust in him."

As for Malaysia, Lee said the Southeast Asian country "is hot and humid but overall it's a nice place. The food is good!"

Aside from Lee and Violet, Patricia, and Abigail Apisah, also making up the Pacific Oceania is Fiji's Saoirse Breen.

POHNPEI

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while Shots Fired suffered only one loss.

Prior to the 3x3x tournament, the 5x5 goodwill games started last Monday and ended Wednesday, with Pohnpei men sweeping three games of the men's division, while NMI women took two wins.

Pohnpei had one men's and one women's teams, while NMI had the Ol'Aces men and women teams, U17 Junior Nationals men and women teams, and Team Marianas men and women teams.

After the event, James Lee, president of the Northern Mariana Islands Basketball Federation, said that the tournament was a success.

He said that a few of the Pohnpei players have never played 3x3 before. As for NMI, he said that they're pushing more on the 3x3 format in the near future so we should expect to see more of that and have a team represent NMI in the 2024 FIBA Asia Cup in Singapore.

LEIGH GASES

The Pohnpei I team poses with their championship trophy and medals after defeating NMI's Pacemaker team in the 3x3 tourney finals on the last day of the 2023 NMI-Pohnpei Goodwill Basketball Games at the Gilbert C. Ada Gymnasium last Friday.

As for what he thought of Pohnpei's teams, Lee said "they are awesome. I applaud them. With limited resources that they have as well facilities-wise, they kept it together… They have a lot of new players like we do, but we definitely have a lot of catching up to do. So, we gotta train hard."

He then said that Pohnpei is willing to host the NMI next year and said that they would definitely love to go. "The whole objective of this is really to bring back that camaraderie—you know, they come and visit us and we visit them—and our athletes can make new friends and meet new people," said Lee.

With this friendship tourney just between Pohnpei and NMI in lieu of the Micronesian Basketball Tournament, he said "Hopefully this will kind of stir things up with the remaining Micronesian islands and say 'we gotta get going.' We would love to host as we got the facility—the only thing we're missing is the big scoreboard but we're getting there. If they're willing to come down here we're ready to host—vice versa as well. If they're even willing to host even just a 3x3 for MBT, we're willing to go as well."

He then thanked the visitors, MarPac, Grace Sablan, Tan Holdings, Tan Siu Lin Foundation, the volunteers, the table officials, the referees, and the NMIBF board.

Judge homers in 2nd game back to help the Yankees beat Orioles.

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Sports

NMI, Guam showcase rivalry, partnership at Marianas Football Cup.

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Isaiah, Maria break nat'l, age group records

CONTRIBUTED PHOTO
From left, CNMI national swimmers Jakey Deleon Guerrero, Isaiah Aleksenko, Maria Batallones, and Shoko Litulumar pose with the CNMI flag in the 20th FINA World Championships last Saturday in Fukuoka, Japan.

By MARK RABAGO
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ASSOCIATE EDITOR

Isaiah Aleksenko and Maria Batallones broke the CNMI national and age group records in the 100m freestyle, 50, backstroke, and 50m breaststroke in the 20th FINA World Championships last Saturday in Fukuoka, Japan.

The 17-year-old Marianas High School student first broke both the over 30-year-old national and age group record in the 100m freestyle.

His swim of 52.29 eclipsed the national record of 59.00 set by Alex Screen in August 1987. It also bettered the 1:00.06 17-18 age group record swam by CNMI Sports Hall of Famer Jonathan Sakovich in December 1987.

CNMI national coach Hiroyuki Kimura said Aleksenko completed the feat not during a regular 100m freestyle competition but during the 4x100m freestyle relay that he swam with Jakey Deleon Guerrero, Maria Batallones, and

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Carol, Pacific Oceania promoted to Group I

CONTRIBUTED PHOTO
The CNMI's Carol Lee, left, poses with her Pacific Oceania teammates after dominating the 2023 Billie Jean King Cup at the National Tennis Centre in Kuala Lumpur, Malaysia.

By MARK RABAGO
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ASSOCIATE EDITOR

The CNMI's Carol Lee and her Pacific Oceania teammates went undefeated in their 2023 Billie Jean King Cup competition at the National Tennis Centre in Kuala Lumpur, Malaysia and gained promotion to Group I in 2024.

Pacific Oceania, the Pool A topnotcher, capped their 5-0 brilliance in the six-day tournament after subduing Pool B winner Indonesia, 2-0, last Saturday.

Papua New Guinea's Violet Apisah again got the Islanders to a rip-roaring start after beating the No. 2 player of Indonesia, Deria Nur Haliza, 6-2, 6-2.

Lee, the head of the spear of Pacific Oceania, then wrapped up the tie following his 7-5, 6-1 victory over Indonesia's No. 1 Beatrice Gumulya. The doubles match wasn't played anymore.

Chinese-Taipei was the other team promoted to Group I after it turned back New Zealand, 2-1.

The day before on Friday, Pacific Oceania topped Group A after sweeping Pakistan, 3-0.

Apisah got right to work and defeated Ushna Suhail, 6-0, 6-1, before Lee got the better of Sarah Ibrahim Khan, 6-1, 6-1. In the doubles, Apisah teamed up with her aunt, Abigail Tere-Apisah, to clinch the tie with a masterful 6-0, 6-0 shutout of Meheq Khokhar and Amna Ali Qayum.

On Thursday, Pacific Oceania also dominated Guam, 3-0. Another Apisah, Violet's cousin Patricia this time, finally made her debut and beat Sydney Packbier, 6-4, 6-2. Lee then defeated Guam's No. 1 Freemont Gibson, 6-1, 6-0. Violet Apisah teamed up

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Pohnpei, NMI win a championship each in 3x3 tourney

By LEIGH GASES
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REPORTER

LEIGH GASES
The NMI's Shots Fired blasted through the women's division of the 3x3 tourney and defeated 4 Locals in the finals on the last day of the 2023 NMI-Pohnpei Goodwill Basketball Games at the Gilbert C. Ada Gymnasium last Friday.

Pohnpei I men's team took home the championship trophy of the men's 3x3 tourney, while NMI team Shots Fired won the women's division last Friday night in the conclusion of the 2023 NMI-Pohnpei Goodwill Basketball Games at the Gilbert C. Ada Gymnasium.

Pohnpei I's Connor Boylan, Shawn Aguon, Holden Ioanis, and Glen Torres battled it out against NMI's team Pacemaker consisting of Greg Sablan, Jeff Castro, Jack Aranda, and Coby Santos, and defeated them in a blowout, 21-7 finals.

In the women's division, NMI teams Shots Fired made up of Destiny Pangelinan, Yasmeen Younis, Mikki Kautz, and Madeleine Alegre came out on top of a close 16-13 game against the 4 Locals team consisting of Quina Flores, Cassandra Camacho, Kina Rangamar, and Raenna Ramarui.

Pohnpei I made their way undefeated through the tourney that began last Thursday,

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